

A New Leaf



Choices for Healthy Living

Welcome to the *New Leaf* Program! As you and your health counselor work together, the materials in this notebook will help you learn how to make better choices for healthy living. The *New Leaf* notebook has ten sections:

- Section A:** Food Assessments and Tips
- Section B:** Healthy Eating
- Section C:** Physical Activity Assessments and Tips
- Section D:** Keeping Active
- Section E:** Weight Assessment and Tips
- Section F:** A Healthy Weight
- Section G:** Diabetes Prevention and Management
- Section H:** Bone Health Assessment and Tips
- Section I:** Smoking and Quitting Assessment and Tips
- Section J:** Stress and Depression

Sections A through D talk about the two main things that can start you and keep you on the path towards improving your health and preventing illness: healthy eating and regular physical activity. Sections E and F give you the information you need to lose weight or stay at a healthy weight. The remaining sections provide resources on other topics if you need them.

We know that it can be hard to become more physically active or to change the way you eat! To make these changes a little easier, the *New Leaf* Program uses different assessments. The assessments help your health counselor learn more about your eating and physical activity habits, your likes and dislikes, and your weight history. There are also assessments that can help you figure out what makes it hard to eat healthy or be physically active. After you have done the assessments, *A New Leaf* has tip sheets that give you ideas about improving your health that are tailor-made for YOU.

To get the most out of the *New Leaf* Program, bring this notebook with you to each counseling session or group session, and have it on hand during phone contacts. When you're at home:

- ❖ Work on the goals you and your health counselor picked. (You can pull out a page or two and stick them on the refrigerator with a magnet where you'll be sure to see them!)
- ❖ Look through the notebook for other helpful ideas.
- ❖ Don't forget to look at the *New Leaf* cookbook for healthy recipes.

Use the *New Leaf* materials to figure out what works for YOU!

Acknowledgments

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Graphic Design and Production

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Additional Thanks

We gratefully acknowledge the use of materials adapted from the Diabetes Prevention Program. Available at: http://www.bsc.gwu.edu/dpp/lifestyle/dpp_part.html

Supported in part by funding from:

The Centers for Disease Control and Prevention
The National Heart, Lung, and Blood Institute
North Carolina Department of Health and Human Services

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Center for Health Promotion and Disease Prevention

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Using the New Leaf Manual

Look for these pictures when you use the *New Leaf* manual. The pictures will help you find the tips that go with each assessment.

Food Assessments and Tips

Dietary Risk Assessment and Healthy Eating Tip Sheets



Vegetables & Fruits



Breads, Grains, & Cereals



Red Meat



Poultry & Fish



Beans & Nuts



Milk & Dairy Foods



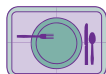
Toppings, Oils, Seasonings, & Salt



Sweets, Snacks, & Restaurant Foods



Beverages



What Makes It Hard to Eat Healthy? (Assessment) and Hot Tips for Healthy Eating (Tip Sheets)

Physical Activity Assessments and Tips

Physical Activity Assessment and Physical Activity Tip Sheets



Working



TV and Seated Hobbies



Household Chores



Child and Elder Care

Physical Activity Assessments and Tips, continued:



Yardwork, Gardening, Outside House Care



Church and Social Group Activities



Walking or Bicycling for Transportation



Exercise and Sports



Strength Training



Stretching



What Makes It Hard to Keep Active? (Assessment) and Being More Active (Tip Sheets)



What Limits Your Activity? (Assessment) and Being Active with Physical Limitations (Tip Sheets)

Weight Assessment and Tips



My Weight (Assessment) and Healthy Weight Tip Sheets

Bone Health Assessment and Tips



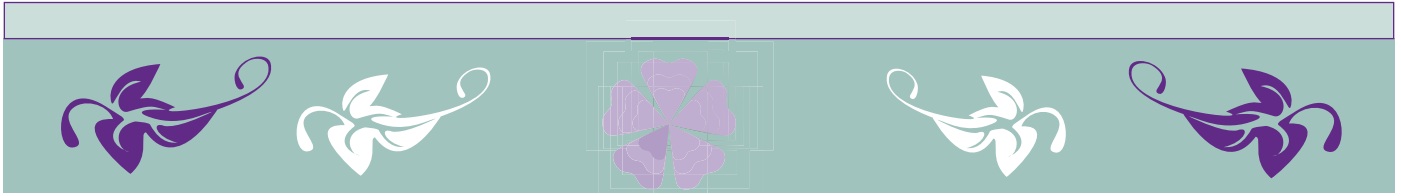
How Healthy Are Your Bones? (Assessment) and Keeping Your Bones Healthy (Tip Sheets)

Smoking and Quitting Assessment and Tips



Smoking and Quitting Assessment and Smoking and Quitting Tip Sheets

Glossary of Terms



Calcium—A mineral that helps build strong bones and teeth; also important for muscle function and blood clotting. If a body does not get enough calcium from food or other sources, it will take calcium stored in the bones. Over time, this can cause the bones to weaken and become more likely to break (fracture). Vitamin D helps your body use the calcium that you eat and is important for bone strength.

Carbohydrates—An important source of energy for the body. Carbohydrates are found in sugars and starches (such as bread, pasta, and rice), as well as in dietary fiber.

Carbohydrates, Refined—Foods made of mainly simple carbohydrates. They have very few nutrients and so are digested quickly by the body. Refined carbohydrates are found in highly processed or refined foods like sweets, sodas, cookies, cakes, and candies.

Cholesterol—A fatty substance needed to keep body tissues and cell membranes healthy, and to make some hormones. Cholesterol is made in the liver but can also be absorbed from foods high in cholesterol. Only foods from animal sources contain cholesterol. High blood cholesterol levels have been linked to an increased risk of heart disease.

Diabetes—A disease in which the body cannot make or is unable to use insulin well enough to keep normal glucose (sugar) levels in the blood.

Diabetes, Pre—A condition in which the blood glucose level is high, but not high enough to be called “diabetes.” Doctors can find out if someone has pre-diabetes by measuring the glucose (sugar) in the blood.

Fat, Monounsaturated—An unsaturated fat that experts feel is healthy for your heart. Good sources include canola, olive and peanut oils as well as avocados.

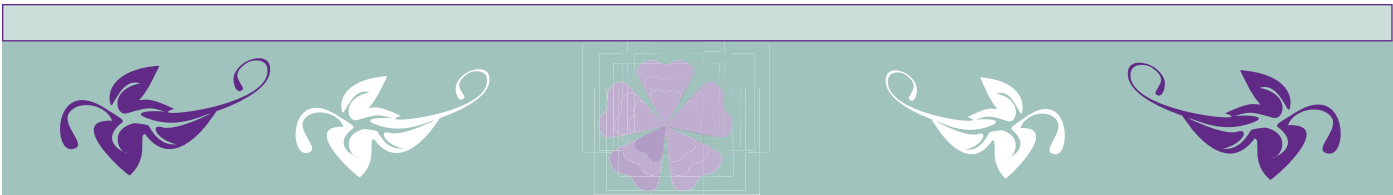
Fat, Polyunsaturated—An unsaturated fat that experts feel is healthy for your heart. These fats are found in fish, sesame and sunflower seeds, corn, soybeans, and many vegetable oils.

Fat, Saturated—Fats that come from animal sources like meat and dairy products, and some plant sources. Saturated fats are mostly solid at room temperature. Eating a lot of saturated fat can cause high cholesterol, which is linked to heart disease.

Fat, Trans (Trans Fatty Acids)—Unhealthy fats that are not good for your heart. Most trans fats come from fully or partially hydrogenated vegetable oils that are used to make shortening and store-bought baked goods, snack foods, fried foods, and margarine. Trans fats raise blood cholesterol levels, too.

Fats, Unsaturated—A term used to describe both monounsaturated and polyunsaturated fats. Unsaturated fats come from plant and animal sources (especially fish), and are liquid at room temperature. Unsaturated fats are better for your heart than saturated fats.

Fiber, Dietary—The part of plant foods that your body cannot digest. Fruits, vegetables, whole grains, beans and peas, nuts and seeds are all good sources of dietary fiber.



Grains, Whole—Grains that are complete because they have not been too refined or processed. These grains are good sources of energy, vitamins, minerals and dietary fiber.

High Fructose Corn Syrup (HFCS)—A corn sweetener made by changing cornstarch into a syrup. Many processed foods and drinks like sodas have this kind of added sugar. Excess calories from foods and drinks with HFCS can cause weight gain and overweight.

Oils, Hydrogenated—A chemical change to fats to make them more saturated (solid at room temperature), which gives them a longer shelf life. During this process, some of the fats become trans fats.

Omega-3 Fatty Acids—Important for good growth and development, and probably for heart health. Omega-3 fatty acids are found in plant sources (including soybean oil, canola oil, walnuts, and flaxseed) and in shellfish and some fish (like salmon and canned light tuna).

Osteoporosis—A bone loss condition in which bones become weaker and break (fracture) more easily. This is more likely to happen as we age. Calcium and vitamin D in our foods help maintain strong bones.

Physical Activity, Light or Mild—An activity level that allows you to talk easily and sing, but does not cause you to breathe very hard.

Physical Activity, Moderate—An activity level that makes you breathe fairly hard so that you can talk but cannot sing.

Physical Activity, Vigorous—An activity level that causes you to breathe hard and be too out of breath to talk except in very short phrases.

Potassium—A mineral that helps muscle function and fluid balance in cells. Eating high-potassium foods can lower the effects of sodium on blood pressure, can reduce the risk of developing kidney stones, and possibly decrease bone loss with age.

Sodium—The mineral in salt (sodium chloride). Having a lot of salt can contribute to higher blood pressure (though some people are more salt-sensitive than others). Lowering blood pressure often helps to reduce the risk of stroke, heart disease, heart failure, and kidney disease. Aim for less than 2300 mg of sodium a day (about 1 tsp of salt). Take note! Food labels often list sodium rather than salt.

Sugars, Added—Sugars and syrups added to foods during processing or preparation. Added sugars do not include naturally occurring sugars like those in milk and fruit.

Vegetables, Starchy—Healthy vegetables that tend to be higher in carbohydrates than other vegetables. Go easy on starchy vegetables like corn, white potatoes, peas, and lima beans.



Be Serving Size Wise!

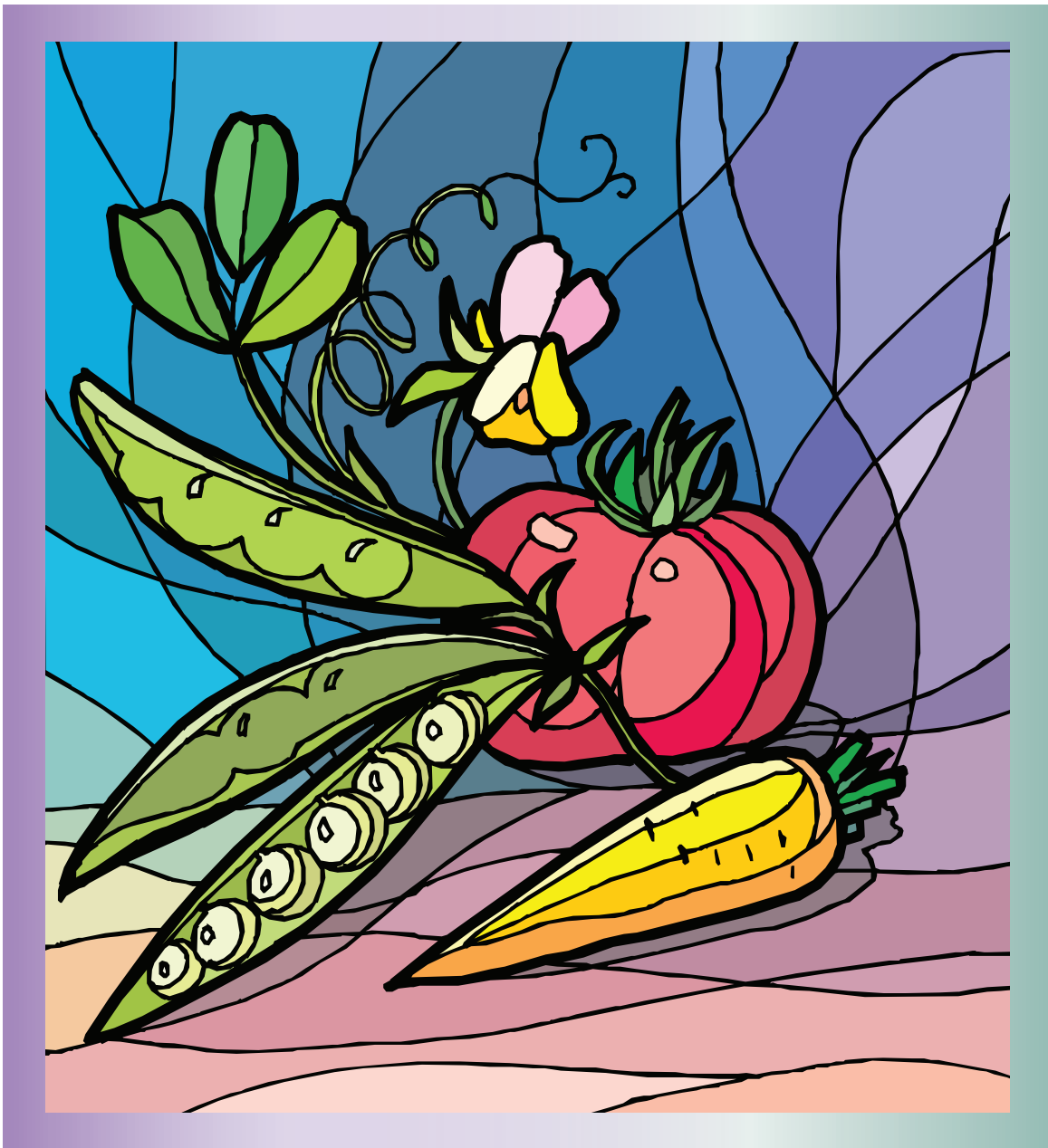
Food Group/Item	1 serving is...	Which looks like...
VEGETABLES		
Cooked or cut up raw vegetables	1/2 cup	One cupped hand
Raw leafy green vegetables/ salads	1 cup	Two cupped hands
Starchy vegetables (peas, white potatoes, corn)	1/2 cup	One cupped hand
Vegetable juice	1/2 cup	Half a fist
FRUIT		
Whole fruit	1 small sized	
Fresh/canned/frozen	1/2 cup	One cupped hand
Dry fruit	1/4 cup dried	Half a cupped hand
BREADS, GRAINS, & CEREALS		
Grains (like rice and pasta)	1/2 cup	One cupped hand
Cereals (hot)	1/2 cup oatmeal	One cupped hand
Cereals (cold)	1/2 - 1 cup	1-2 cupped hands
Bread	1 slice	
Tortillas (corn or flour)	1 tortilla (6 inches across)	
Rolls	1 roll	
Biscuits	1 biscuit	
Cornbread	One 2" square slice	
RED MEAT, POULTRY, & FISH		
Bacon	2 strips	
Sausage patties/links	2 pieces/links	
Lunch meats	2 slices	
Hot dogs	1 hot dog	
Red meat, chicken/turkey, fish	3 ounces	Deck of cards/palm
BEANS		
Cooked beans	1/2 cup	One cupped hand
NUTS		
Dry nuts	1 ounce or 1 small handful (1/4 cup)	Half a cupped hand
Peanut butter or other nut butters	2 tablespoons	One ping-pong ball

Food Group/Item	1 serving is...	Which looks like...
MILK & DAIRY FOODS		
Milk	8 fluid ounces or 1 cup	One fist
Yogurt	8 ounces or 1 cup	One fist
Hard cheeses (like cheddar, mozzarella, Swiss, jack)	1 ounce (1/3 cup grated or 1 slice processed cheese)	
Cottage cheese	1/2 cup	One cupped hand
Ricotta cheese	1/4 cup	Half a cupped hand
Cream cheese	2 tablespoons	One ping-pong ball
Heavy cream or half & half	1 tablespoon	Thumb tip
TOPPINGS, OILS, & SEASONINGS		
Sour cream	2 tablespoons	One ping-pong ball
Salad dressing	2 tablespoons	One ping-pong ball
Whipped toppings	2 tablespoons	One ping-pong ball
Butter/trans-fat-free margarine	1 teaspoon	Finger tip
Mayonnaise	1 tablespoon	Thumb tip
Sugar/jelly/jam	1 tablespoon	Thumb tip
SWEETS & SNACKS		
Doughnuts/sweet rolls	One piece	
Cakes/pies	1 small slice	
Cookies	4 small cookies	
Candy bars	1 regular candy bar	
Ice cream, sherbet, frozen yogurt, sorbet	1/2 cup	One cupped hand
Snack foods (chips, crackers, pretzels)	1 small handful	
BEVERAGES & DRINKS**		
Beverages & drinks	8 fluid ounces or 1 cup	One fist
SOUPS		
Soups	8 ounces (1 cup)	One fist

** Be extra careful with drinks, which come in many different sizes. A large or "supersize" drink often has more than 4 servings per container!

Section A

Food Assessments and Tips



Dietary Risk Assessment (DRA)

What foods do I eat?

All of us could probably eat a little better than we do. Take a good honest look at how you eat now. Then you can work on some positive changes to improve your health! The next few pages ask you about how you usually eat. Your answers will help identify healthy eating habits and habits that you may wish to change.

What are the questions about?

The questions are about foods that many people eat. Most questions ask you how many servings of food you eat, either in an average (or “usual”) DAY or an average WEEK. Some questions ask how you prepare your food or ask about things that make it hard to eat healthy foods.

What is a “serving”?

We tell you what a serving is for each type of food. (See *Be Serving Size Wise* chart at the beginning of this notebook for other ways to figure out serving size.) But don't worry too much about exact amounts—just use common sense.



How do I answer the questions?

For each question, mark only **one** box beside the number or word that best answers the question **for you**. Try to choose the answer that best describes what you **usually** do. Note: The order of the response choices (from low numbers to high numbers or high numbers to low numbers) varies from question to question. **Please pay careful attention when marking your choice.**



Vegetables & Fruits



On an average DAY, how many servings of VEGETABLES do you eat?

(A serving is 1/2 cup cooked vegetables or 1 cup green leafy vegetables.)

<p>1. Dark-green or orange vegetables like collard greens, broccoli, tossed salads made with dark-green leafy lettuces, sweet potatoes, butternut squash, or carrots</p>	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<p>goals ↓</p>
<p>2. Starchy vegetables like corn, green peas, lima beans, or white potatoes</p>	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	
<p>3. Other vegetables like okra, zucchini, turnips, onions, cabbage, green beans, or tomatoes (including tomato sauce)</p>	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0	

On an average DAY, how many servings of FRUIT do you eat, not including fruit juice?

(A serving is one small piece of fruit, 1/2 cup cut-up fresh or canned fruit, or 1/4 cup dried fruit.)

<p>4. Fresh, canned, or frozen fruit in unsweetened juice, or dried fruit like raisins</p>	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	<p>goals ↓</p>
<p>5. Do you eat fruit canned in syrup?</p>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	

See Vegetable and Fruit Tips, page A-11.

score



Breads, Grains, & Cereals

On an average DAY, how many servings of BREAD do you eat?

(A serving is 1 slice of bread, 1 small tortilla, or 1 roll.)

1a.	Bread, rolls, or tortillas (wheat or corn) made with whole grain (label will list "whole grain" or "whole wheat flour" first)	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0	goals ↓
b.	Bread, rolls, or tortillas made all or mostly with white flour (label will usually list "enriched wheat flour" or "wheat flour" first)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	

Now, think about things you eat every week. In an average WEEK, how many servings of GRAINS or CEREALS do you eat?

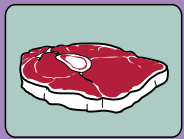
(A serving is 1/2 cup of rice, pasta, or oatmeal; 1 biscuit; or one 2" square slice of cornbread. Serving sizes for cereals are usually between 1/2 cup and 1 cup, depending on the cereal.)

2a.	Brown rice, whole grain pasta, or other whole grains, like barley	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0	goals ↓
b.	White rice or regular pasta, like noodles, spaghetti, or macaroni	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	
3a.	Cold or hot whole grain cereals, like bran flakes or oatmeal	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0	
b.	Regular cold or hot cereals, like sugar frosted flakes, cocoa cereals, grits, or cream of wheat	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	
4.	Biscuits (including canned) or cornbread	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	

See Bread, Grain and Cereal Tips, page A-13.

score

Red Meat



In an average WEEK, how many servings of BREAKFAST and LUNCH MEATS do you eat?

(A breakfast serving is 2 strips of bacon or 2 sausage patties or 2 sausage links. For lunch meats, a serving is 2 slices of bologna or other lunch meats, or 1 hot dog.)

1. Bacon or sausage	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	goals ↓
2. Hot dogs or lunch meats like bologna, salami, or Spam	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	

In an average WEEK, how many times do you eat RED MEAT? This means cuts like roasts, steaks, stew meat, ribs, chops, BBQ, or ham; or hamburger, either alone or in dishes like meatloaf and spaghetti sauce.

(A serving is 3 ounces—about the size of a deck of cards.)

3a. Red meat	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+	goals ↓
b. Is the fat usually trimmed or drained ?	<input type="checkbox"/> Yes, or do not eat red meat	<input type="checkbox"/> Sometimes	<input type="checkbox"/> No	
c. Is your portion smaller, the same as, or larger than a deck of cards?	<input type="checkbox"/> Smaller, or do not eat red meat	<input type="checkbox"/> The same	<input type="checkbox"/> Larger	
4. What type of ground beef do you usually eat?	<input type="checkbox"/> Extra lean ground beef or sirloin (10% or less fat) or no ground beef	<input type="checkbox"/> Lean ground beef or ground round (11%-19% fat)	<input type="checkbox"/> Ground beef or chuck (20%+ fat)	

See Red Meat Tips, page A-14.

score



Poultry & Fish

In an average WEEK, how many servings of CHICKEN or TURKEY do you eat?
(A serving is 3 ounces—about the size of a deck of cards.)

1. Chicken or turkey, including ground or sliced	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	goals
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In an average WEEK, how many servings of FISH or SHELLFISH do you eat?
(A serving is 3 ounces—about the size of a deck of cards.)

2a. Fish with higher amounts of healthy fats , like canned light tuna, sardines, herring, salmon, or lake trout (including fresh, frozen, or canned)	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	goals ↓
b. Other fish (like catfish or whitefish) or shellfish (like shrimp)	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	

See Poultry and Fish Tips, page A-15.

score



Beans & Nuts

In an average WEEK, how many servings of dried or canned BEANS or PEAS do you eat?
(A serving is 1/2 cup cooked beans.)

1. Beans or peas like pinto beans, kidney beans, lentils, or black-eyed peas	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0	goals
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In an average WEEK, how many servings of NUTS do you eat?
(A serving of nuts is 1 ounce or a small handful (1/4 cup). For peanut butter or other nut butters, a serving is 2 tablespoons.)

2. Peanut or other nut butters or whole plain nuts (like peanuts, almonds, pecans)	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1	goals
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See Bean and Nut Tips, page A-15.

score

Milk & Dairy Foods



Now, think about what you eat every day. On an average DAY, how many servings of these foods do you drink or eat, including on cereal?

(A serving of milk or yogurt is 1 cup (8 ounces); a serving of heavy cream or half & half is 1 tablespoon.)

1a. Whole milk, regular sweet milk, or whole milk yogurt	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	goals ↓
b. 2%, 1%, 1/2% or skim (nonfat) milk, buttermilk, low-fat/nonfat yogurt, or soy milk	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
c. Heavy cream or half & half (for example, in coffee)	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	

On an average DAY, how many servings of CHEESE do you eat (either plain or in foods like sandwiches, pizzas, or casseroles)?

(A serving of hard cheese is 1 ounce (1/3 cup grated or 1 slice processed cheese); cottage cheese is 1/2 cup; ricotta cheese is 1/4 cup; cream cheese is 2 tablespoons.)

2a. Hard cheeses (like cheddar, swiss, or jack) or cream cheese	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	goals ↓
b. Mozzarella, cottage cheese or light cream cheese	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	

See Milk and Dairy Food Tips, page A-16.

score



Toppings, Oils, Seasonings, & Salt

Now, let's go back to weeks. In an average WEEK, how many servings of SOUR CREAM or WHIPPED TOPPINGS do you eat?
(A serving is 2 tablespoons.)

1. Sour cream or whipped toppings	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	goals
--	----------------------------	------------------------------	-----------------------------	--------------

How many times a WEEK do you eat GRAVY or meat drippings?

2. Gravy or meat drippings	<input type="checkbox"/> Hardly ever or never	<input type="checkbox"/> Once a week	<input type="checkbox"/> Two or more times a week	goals
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What BUTTER or MARGARINE do you usually use?

3. Butter or margarine	<input type="checkbox"/> Trans-fat-free margarine spread or no butter or margarine	<input type="checkbox"/> Regular tub margarine	<input type="checkbox"/> Butter or stick margarine	goals
-------------------------------	--	--	--	--------------

What kind of OIL or SEASONING do you usually use at home:

4. For frying	<input type="checkbox"/> Vegetable oil or trans-fat-free margarine spread or do not fry	<input type="checkbox"/> Regular tub margarine	<input type="checkbox"/> Meat fat, vegetable shortening, butter, or stick margarine	goals ↓
5. For baking	<input type="checkbox"/> Vegetable oil or trans-fat-free margarine spread or do not bake	<input type="checkbox"/> Regular tub margarine	<input type="checkbox"/> Lard, vegetable shortening, butter, or stick margarine	
6. For vegetables such as greens or potatoes	<input type="checkbox"/> Vegetable oil, trans-fat-free margarine, vinegar or lemon juice, low sodium bouillon, herbs, spices, dash of salt and pepper, or nothing	<input type="checkbox"/> Regular tub margarine or lean ham	<input type="checkbox"/> Fatback, bacon, side meat, butter, or stick margarine	

When you buy foods like canned soups or beans, bottled salad dressings, or crackers, do you usually get products that are LOW-SODIUM or have NO ADDED SALT?

7a. Buy low-sodium or no added salt foods	<input type="checkbox"/> All or most of the time	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely/never	goals ↓
b. How often do you use the salt shaker at the table?	<input type="checkbox"/> Rarely/never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> All or most of the time	

See Topping, Oil, Seasoning, and Salt Tips, page A-17.

score

Sweets, Snacks, & Restaurant Foods



In an average WEEK, how many servings of non-frozen SWEETS do you eat?
 (A serving is 1 doughnut, 1 sweet roll, 1 small slice of cake or pie, 4 small cookies, or 1 regular candy bar.)

1. Doughnuts, sweet rolls, pies, cakes, cookies, candy bars, chocolate, or other sweets	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+	goals
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In an average WEEK, how many servings of FROZEN DESSERTS do you eat?
 (A serving is 1/2 cup ice cream, sherbet, or frozen yogurt.)

2a. Regular ice cream	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	goals ↓
b. Ice milk, sherbet, or frozen yogurt	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+	

In an average WEEK, how many servings of processed SNACK FOODS do you eat?
 (A serving is a small handful.)

3a. Snack chips (like potato chips, corn chips, tortilla chips, or cheese puffs), crackers (like "Nabs" or other butter crackers), or pretzels	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+	goals ↓
b. Do you try to buy snack products that have no trans fat ?	<input type="checkbox"/> All or most of the time	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Rarely/never	

How many times a WEEK do you eat out at RESTAURANTS or eat restaurant CARRY-OUT at home? Include food from fast-food restaurants.

4a. Restaurant meals	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+	goals ↓
b. How many times a week do you eat deep-fried or fried foods (like hush puppies, french fries, or chicken nuggets) at restaurants?	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+	

See Sweets, Snacks, and Restaurant Food Tips, page A-19.

score



Beverages

On an average DAY, how many 8-oz servings of sugar-sweetened beverages do you have with meals or in between meals?

(A beverage serving is 8 ounces. A canned drink is usually 1 1/2 servings (12 ounces). A bottled or medium-size drink is often more than 2 servings.)

1a.	Regular non-diet sodas like Coke™, Pepsi™, or Sprite™	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	goals ↓
b.	Bottled fruit drinks (like Snapple™, lemonade, or fruitade), sports or energy drinks	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	
c.	Kool-Aid™ or iced tea sweetened with sugar	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	
d.	Hot tea or coffee drinks sweetened with sugar	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+	

On an average DAY, how many 8-oz servings of 100% fruit juice, like orange, apple, grapefruit, or grape juice, do you have?

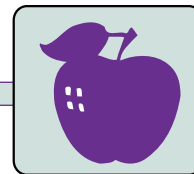
2.	Fruit juices	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+	goals
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See Beverage Tips, page A-20.

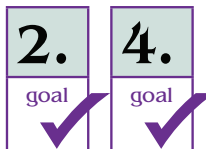
score

Healthy Eating Tip Sheets

Vegetable and Fruit Tips



Check the goals you want to work on for the next contact.



1.

goal

Eat more dark green and orange vegetables.

- ❖ Make your plate colorful! Enjoy lots of dark-green and orange vegetables:
 - Collards, mustard or turnip greens, kale, broccoli
 - Tossed salads with spinach, romaine, or other dark-green leafy lettuces
 - Sweet potatoes, butternut or acorn squash, carrots
- ❖ Dark green and orange vegetables are rich in potassium (see *Good Sources of Potassium*, page B-4.)
- ❖ A serving may not be as large as you think. A serving of cooked carrots or broccoli is just 1/2 cup (about the same as one cupped hand).
- ❖ To keep costs down:
 - Buy fresh vegetables in season (look for a farmer's market).
 - Buy seasonal vegetables in bulk and freeze some for later.
 - Grow your own.
- ❖ Use onions, garlic, vinegar, herbs, and spices to season and add flavor to fresh greens and other vegetables. (See "Fresh Greens, Southern Style" and other healthy ways of preparing vegetables on pages 43–55 of the *New Leaf* cookbook.)
- ❖ Make your own oil and vinegar dressing for green salads (see cookbook, page 103). Avoid bottled dressings with a lot of salt and high fructose corn syrup (sugar) (see *Read the Label!*, page B-17.)
- ❖ Use broccoli, carrots, or squash in place of white rice or pasta in your favorite soup or casserole.



2.

goal

Go easy on starchy vegetables.

- ❖ Eat fewer starchy vegetables like corn, white potatoes, green peas, and lima beans, which are healthy but higher in carbohydrates.
- ❖ Choose colorful vegetables! Bake a vegetable dish with sliced potatoes, carrots, and green beans drizzled with vegetable oil and herbs or other low-salt seasonings (see cookbook, pages 43–55).
- ❖ Eat potatoes baked or boiled—or fry them in about a tablespoon of vegetable oil. Season potatoes with onions and green peppers instead of bacon grease, or try the recipe on page 43 in our cookbook for oven fries that taste just like French fries.

3.

goal

Add variety to meals with vegetables.

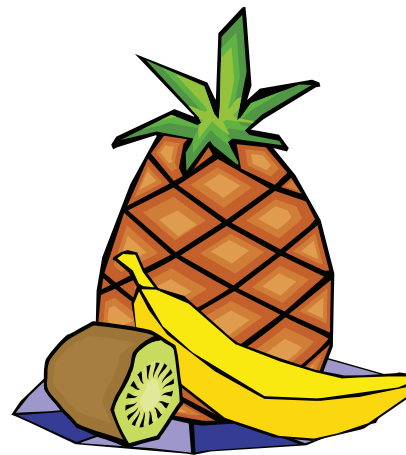
- ❖ Eat vegetables instead of foods high in trans fat and saturated fat (see *Know Your Fats*, page B-11, and *Read the Label!*, page B-17.)
 - Use less cheese and more onions or mushrooms in your omelets.
 - Make sandwiches, wraps, or burritos with lots of lettuce, tomatoes, onions, or other sliced vegetables.
 - Bring cut-up vegetables to work instead of eating vending machine snacks.
- ❖ Steam, fry or sauté vegetables in a small amount of olive, canola, or other vegetable oil. Avoid breading.
- ❖ Buy frozen/canned vegetables or canned beans and peas that have low or reduced salt (sodium). Rinse canned beans and peas that have added salt. Stay away from vegetables with fancy sauces. (See *Spice It Up without Salt*, page B-15, for more tips on avoiding salt.)

**4.**

goal

Eat more fruit—aim for 4 or more servings a day.

- ❖ A serving of fruit makes a tasty snack or dessert. One serving could be 1 small apple or 1/2 cup of sliced strawberries.
- ❖ Buy fruit in season or pick your own: eating more fruit doesn't have to be expensive.
- ❖ Add fruit, like bananas, berries or peaches, to your cereal.
- ❖ Use very ripe fruit to make a blender smoothie (see pages 88–91 and 95 in cookbook for smoothie and other fruit recipes).
- ❖ Whole fruit gives you a bigger size snack than dried fruit—for the same number of calories you can eat 1 cup of grapes but just 1/4 cup of raisins.
- ❖ Eat whole fruit (fresh, frozen, canned) instead of drinking a lot of fruit juice—whole fruit gives you more fiber, which also can help you feel full.

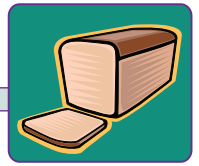
**5.**

goal

Eat whole fruit without added sugar.

- ❖ Avoid canned or frozen fruits with added sugar or syrup (look for canned fruit labeled “in its own juice”).
- ❖ If you do get canned fruit in light or heavy syrup, drain off the syrup and eat the fruit without it.

Bread, Grain, & Cereal Tips



1.

goal

Choose more whole grain breads.

- ❖ Pick whole grain bread instead of white bread—look for whole wheat flour or whole grain as the first ingredient on the food label.
- ❖ Check the label and choose breads with at least two grams of fiber per slice. (See *Fiber—Are You Getting Enough?*, page B-7.)
- ❖ Choose brown breads that feel firm—they are probably made with more whole grain.

2.

goal

Try other whole grain foods.

- ❖ Whole grains are foods like brown rice, oats, and whole wheat pasta.
- ❖ Whole grains are good ways to get fiber and B vitamins.

3.

goal

Eat whole grains for breakfast.

- ❖ Choose whole grain cereals (ready-to-eat or cooked). Cereals like shredded wheat, bran flakes, or old-fashioned oatmeal are high in fiber.
- ❖ Stay away from cereals with lots of added sugar (like frosted flakes) (see *Read the Label!*, page B-17.) Top your cereal with bananas, strawberries, or peaches instead.
- ❖ Munch on whole grain cereals for a healthy snack any time of the day!
- ❖ Avoid instant grits and other cereals with added salt (sodium).

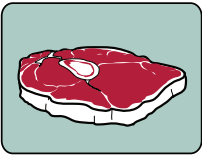


4.

goal

Go easy on biscuits and cornbread.

- ❖ Regular biscuits, cornbread, and croissants are often high in trans fat, saturated fat, and salt (sodium) (see *Know Your Fats*, page B-11, and *Spice It Up without Salt*, page B-15.)
- ❖ See cookbook (pages 67–68 and 73) for biscuit and cornbread recipes with whole wheat flour that have less trans fat and saturated fat.



Red Meat Tips

1.

goal

Cut down on bacon and sausage.

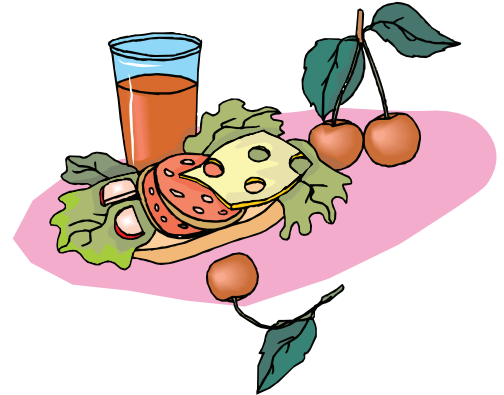
- ❖ Eat smaller amounts.
- ❖ Try having breakfast without meat.
- ❖ Don't add bacon to sandwiches.
- ❖ Try turkey bacon and turkey smoked sausage, but not too often—these are still high in salt (sodium).
- ❖ Use small pieces of lean ham for seasoning or in recipes calling for bacon or sausage.

2.

goal

Pick healthier lunch foods.

- ❖ For sandwiches, try these instead of hot dogs, bologna, salami, or Spam:
 - sliced lean beef, ham, chicken or turkey
 - water-packed canned light tuna (low salt/sodium)
 - low-fat cheese
 - peanut butter and jelly or banana
- ❖ Try these other lunch ideas:
 - healthy leftovers
 - soups (low salt/sodium)
 - salads with oil and vinegar dressing



3.

goal

Cut down on beef or pork high in saturated fat.

- ❖ Trim off extra fat.
- ❖ Buy lean cuts like:
 - Beef: round, sirloin, loin
 - Pork: trimmed pork chops, fresh ham, shoulder, neckbone
- ❖ Make it interesting: mix in vegetables, beans, brown rice, or whole grain pasta.
- ❖ Cook with olive, canola, or other vegetable oils.
- ❖ Keep servings the size of a pack of cards (3 ounces).

4.

goal

Pay attention to how you prepare hamburger.

- ❖ Choose extra lean or lean hamburger—darker red means leaner.
- ❖ Try great-tasting ground turkey, which often has less saturated fat.
- ❖ Grill hamburger patties, or brown the meat and drain off the fat.
- ❖ S-t-r-e-t-c-h your hamburger meat by mixing it with vegetables, beans, brown rice, or whole grain pasta. See cookbook, pages 27–32.
- ❖ Stay away from hamburgers with sauces and lots of cheese.

Poultry & Fish Tips

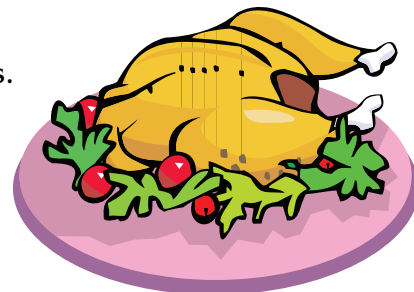


1.

goal

Eat more chicken and turkey.

- ❖ Bake, broil, or barbecue chicken. (See recipe for crispy baked chicken on page 16 in our cookbook.)
- ❖ Add a little olive oil to keep the meat moist.
- ❖ If you fry chicken, use olive, canola, or other vegetable oils.
- ❖ Eat turkey instead of beef or pork.
- ❖ Try using lean ground turkey or chicken (or lean ham) to season your vegetables.



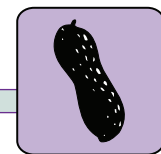
2.

goal

Choose fish more often.

- ❖ Try baked, broiled or grilled fish. See cookbook, pages 19–25, for tasty ways to cook fish.
- ❖ When frying fish, use olive, canola, or other vegetable oils instead of shortening or lard.
- ❖ Try some of the fish that have healthy fats, like canned light tuna, sardines, herring, canned or fresh salmon, or lake trout.
- ❖ When you eat canned tuna, choose low-salt (low sodium) light tuna packed in water.
- ❖ Some fish contain mercury, which can be harmful if large amounts are eaten. Eat fish with low levels of mercury, such as salmon, catfish, shrimp, and sardines. See *A Healthy Eating Plan for Life*, page B-5 for more facts about mercury in fish.

Bean & Nut Tips



1.

goal

Eat more beans and peas.

- ❖ Eat peas or beans instead of meat (or with a little meat for flavoring). See pages 34–42 in our cookbook for tacos and other bean dishes.
- ❖ Soak beans overnight to shorten the cooking time.
- ❖ Use onions and garlic for seasoning, or season with small pieces of lean meat like ham, turkey, or beef.
- ❖ Make a quick, healthy meal with canned beans. Get the low-salt (low sodium) kind, or drain and rinse canned beans. (See *Cooking for One or On the Run*, page B-25).

2.

goal

Choose nuts and nut butters more often.

- ❖ Nuts (pecans, peanuts, walnuts, almonds, cashews) and nut butters are good sources of healthy fats.
- ❖ Remember that nuts are high in calories—a handful of nuts (1/4 cup) or two tablespoons of nut butter count as one serving.
- ❖ Choose unsalted or lightly salted nuts. Avoid nuts with added sugar, like honey-roasted or chocolate-covered peanuts.
- ❖ A peanut butter sandwich on whole grain bread makes a tasty lunch!



Milk & Dairy Food Tips

1.

goal

Use lower fat milk and yogurt.

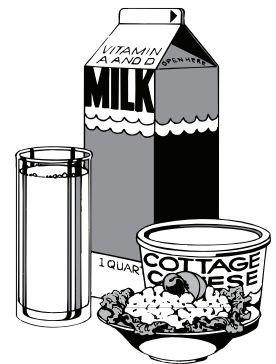
- ❖ If you do OK with milk, drink some each day. Work your way down from whole or 2% milk to 1%, 1/2% or skim (nonfat).
- ❖ Buttermilk has no butter—it can also be a healthy choice.
- ❖ Cook with whole milk or 2% milk instead of cream. Then try 1%.
- ❖ Mix whole fruit (sliced banana, strawberries, or peaches) into plain low-fat or nonfat yogurt for a healthy snack.
- ❖ Avoid creamers in coffee. Instead, choose reduced fat milk or try evaporated skim milk for a creamy taste without saturated fat.

2.

goal

Go easy on high fat cheeses.

- ❖ Try sharp cheeses like sharp cheddar or Parmesan—you get more taste with smaller amounts. Slice it thin or grate it.
- ❖ For snacks, cut a small piece of cheese and put the rest away. It's easy to eat too much!
- ❖ Don't add a lot of cheese to meat sandwiches—regular cheese is high in saturated fat and adds extra salt (sodium).
- ❖ Ask for pizza with half the cheese and more vegetables.
- ❖ Go easy on the cream cheese toppings for sandwiches and bagels.
- ❖ Make lasagna and casseroles with cottage cheese or mozzarella. See cookbook, pages 29, 39, and 56.
- ❖ Choose cheeses that are low in salt (low sodium).



Topping, Oil, Seasoning, & Salt Tips



1.

goal

Try different toppings.

- ❖ In recipes that call for sour cream, use buttermilk or plain yogurt instead.
- ❖ On baked potatoes, skip the sour cream and gravy—instead, try plain yogurt or a little butter or trans-fat-free margarine.
- ❖ Plain yogurt makes a great topping for fruit and other desserts.



2.

goal

Use less gravy.

- ❖ Make healthier gravy—pour off the fat, thicken the meat juices, and go easy on the salt. See page 101 in our cookbook.
- ❖ Instead of gravy on your meat, try using tomato, barbecue, Worcestershire or steak sauces—but be careful of sauces high in salt. Try to buy sauces labeled no salt added or low sodium.
- ❖ Use a little trans-fat-free margarine or gravy on brown rice or mashed potatoes.

3.

goal

Choose trans-fat-free margarine.

- ❖ When you use margarine, look for tub or squeeze margarines that say trans-fat-free. (See *Know Your Fats*, page B-11.)
- ❖ Don't use regular stick margarines or shortening, which are high in trans fats.
- ❖ Stay away from lard (high in saturated fat).

4.

goal

Use vegetable oil for frying.

- ❖ Vegetable oils are better for your heart than bacon grease or shortening. (See *Know Your Fats*, page B-11.)
- ❖ When you fry, use vegetable oil—just enough to keep the food from sticking.
- ❖ See cookbook, pages 16 and 19, for crispy oven-fried chicken or fish baked with vegetable oil. See oven fries recipe on page 43.



5.

goal

Get creative when you bake.

- ❖ Use vegetable oil instead of margarine, lard, butter, or shortening for baking. Two teaspoons of oil can replace one tablespoon of hard shortening.
- ❖ For muffins and cakes, replace some of the margarine or butter with buttermilk, applesauce, or pureed prunes (see cookbook, page 10).

6.

goal

Use healthy seasonings for vegetables and salads.

- ❖ Instead of fatback, side meat, or stick margarine, season your vegetables with these:
 - A small amount of lean ham
 - Onions and garlic with vegetable oil
 - Vinegar or lemon juice
 - Low sodium bouillon (see page 44 in the cookbook for “*Fresh Greens, Southern Style*”)
 - Fresh or dried herbs
 - A little trans-fat-free margarine
- ❖ Make your own olive oil and vinegar dressing for tossed salads (see cookbook, page 103)—stay away from bottled dressings with a lot of salt (sodium) and watch out for dressings with high fructose corn syrup or other sugars (see *Read the Label!*, page B-17.)

7.

goal

Go the low salt way.

- ❖ Buy foods that say low or reduced salt (sodium) or no salt added (see other shopping tips in *Spice It Up without Salt*, page B-15.)
- ❖ Eat out less often at restaurants—even healthy restaurant meals often have a lot of salt.
- ❖ Keep the salt shaker away from where you cook and eat.
- ❖ Taste your food first, before salting. You’ll get used to the taste of less salt.
- ❖ Use seasonings like pepper, lemon juice, vinegar, herbs and spices. (See *Spice It Up without Salt*, page B-15 for other cooking tips.) Mix your favorite herbs or spices in a handy shaker.
- ❖ Watch out! Packaged meals with noodles can be high in salt (sodium) and trans fats (see *Read the Label!*, page B-17.)



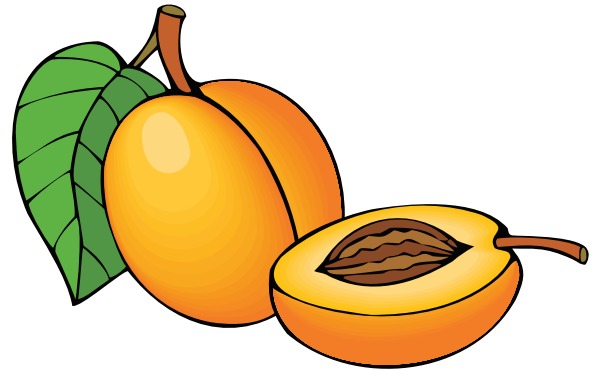


1.

goal

Watch out for sweets.

- ❖ Fill up on healthy foods so that you are not as hungry for sweets.
- ❖ Try fruit for dessert.
- ❖ Save sweets for special occasions (birthdays and holidays), not every day! Try making angel food cake or other desserts (see pages 76–91 in the cookbook).
- ❖ When you do eat sweets, eat small amounts.
- ❖ Stay away from doughnuts, sweet rolls, pies, cakes, cookies, candy bars, milk chocolate, caramel candies, and cream-filled desserts—these are often full of saturated and trans fats as well as sugar and empty calories (see *Read the Label!*, page B-17.)
- ❖ Small amounts of dark chocolate (more than 50% cacao {cocoa} solids) are okay 2–3 times a week. A small amount is 1/2–1 oz. (or 1/4 of a standard-sized candy bar).
- ❖ Stay away from added sugar in other foods when you can. Many processed foods contain high fructose corn syrup—foods like salad dressings, spaghetti sauces, ketchup, baked goods, and even bread.



2.

goal

Choose cold and frozen desserts with care.

- ❖ For a refreshing summer dessert, have a chilled slice of watermelon or a bowl of fresh berries with plain yogurt.
- ❖ Popsicles can be a tasty treat. Be sure store-bought popsicles are made with 100% fruit juice, or make your own! Freeze 100% fruit juice in small cups with popsicle sticks.
- ❖ Try making homemade sherbet or fruit ice. See cookbook, page 91.
- ❖ Eat a small amount of ice milk, sherbet, or frozen yogurt instead of ice cream, but not too often—they still have added sugar and can be high in calories.

3.

goal

Go easy on snack chips and crackers.

- ❖ Snack chips and crackers can be high in trans fats, which are NOT good for you. Check the ingredients list for partially hydrogenated vegetable oil or look for trans fat on the food label (see *Read the Label!*, page B-17).
- ❖ Choose whole grain crackers with no trans fats. (See *Know Your Fats*, page B-11.)
- ❖ Look for snack foods that are unsalted or only lightly salted.
- ❖ Have raw vegetables or fruit, a small handful of nuts, or unbuttered popcorn.

4.

goal

Make good choices when you eat at restaurants.

- ❖ Eat out less often—a lot of restaurant food is unhealthy and costs more.
- ❖ If you eat at fast food places, choose carefully (see *Fast Food Facts*, page B-19.)
- ❖ Choose healthy menu items—for example, grilled or baked red meat, poultry or fish; tossed salads with oil and vinegar dressing; lightly steamed or seasoned vegetables; fruit plates; whole grain breads; and water with a twist of lemon.
- ❖ Stay away from fried foods. Most restaurants use partially hydrogenated vegetable oils (trans fats) for frying.
- ❖ Drink a glass of water before the meal so you are not as hungry. Avoid drinks with lots of sugar (see *Sugar-sweetened Drinks*, page B-9).
- ❖ Order small portions, split an order with a friend, or take leftovers home with you.

**Beverage Tips****1.**

goal

Choose healthy drinks.

- ❖ Stay away from sodas, bottled fruit drinks, sports drinks, and other sugary beverages—they are full of sugar, which means lots of empty calories!
- ❖ Avoid drinks that list high fructose corn syrup, corn syrup, or corn sweetener on the ingredients list—these sugars are not good for you.
- ❖ Instead of Kool-Aid™ or sweet tea, drink water with a twist of lemon or lime, sparkling water with a splash of 100% fruit juice, or iced tea with lemon (see *Sugar-sweetened Drinks*, page B-9, for other suggestions).
- ❖ Try a little skim milk in your hot or cold tea or coffee instead of sugar.

2.

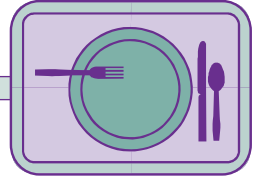
goal

Choose 100% fruit juice, but not too much!

- ❖ Go easy on the fruit juice. Aim for 8 ounces or less each day.
- ❖ Check the label to make sure you drink 100% fruit juice.
- ❖ Choose whole fruit instead of juice whenever possible.



What Makes It Hard to Eat Healthy? (Assessment)



Lots of things make it hard for people to eat healthy. Some situations tempt people to eat more foods that are high in sugar, salt, trans fats, and/or saturated fats, including regular soda, ice cream, cookies, candy, deep-fried foods, chips, and non-lean meats or processed meats.

How tempted would YOU be to eat these foods (that is, foods high in sugar, salt, trans fats, and/or saturated fat) when...

1. You are at a **party, picnic, covered dish dinner, or restaurant.**

Not tempted at all Somewhat tempted Very tempted

2. You are **on the road.**

Not tempted at all Somewhat tempted Very tempted

3. You are **cooking or cleaning up.**

Not tempted at all Somewhat tempted Very tempted

4. You are eating meals or snacks **at work.**

Not tempted at all Somewhat tempted Very tempted

5. You are **stressed out, bored, tired, angry, or depressed.**

Not tempted at all Somewhat tempted Very tempted

6. You see unhealthy foods **around your home** or **available at work**.

Not tempted at all

Somewhat tempted

Very tempted

7. **A friend or family member** offers you one of these foods.

Not tempted at all

Somewhat tempted

Very tempted

8. You want to **reward yourself**.

Not tempted at all

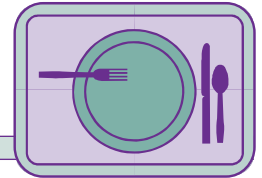
Somewhat tempted

Very tempted

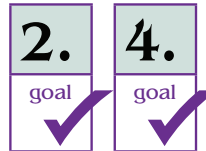
See Hot Tips for Healthy Eating, page A-23.



Hot Tips for Healthy Eating



Check the goals you want to work on for the next contact.

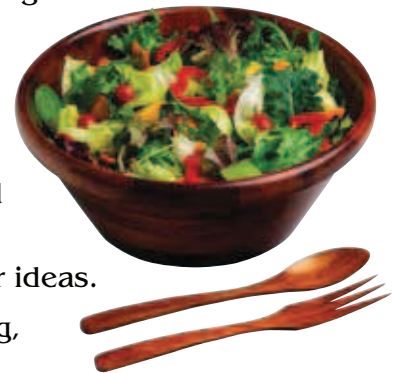


1.

goal

At parties, picnics, covered dish dinners, and restaurants.

- ❖ Plan ahead. Eat a handful of nuts or raw vegetables before you go so you are not as hungry.
- ❖ Check out the food choices first. Decide what and how much you are going to eat before you order or fill your plate.
- ❖ Ask for small portions of foods that are high in saturated fat, and stay away from foods high in trans fats (for example, fried foods and processed baked goods).
- ❖ Bring a healthy covered dish—use the *New Leaf* cookbook for ideas.
- ❖ Take a friend who will help you stick to your new way of eating,
- ❖ If you eat cake or pie, split a small piece with a friend—3 or 4 bites.
- ❖ Check out the tips in *Fast Food Facts* (page B-19) when you eat out at fast food places or other restaurants.



2.

goal

When you're on the road.

- ❖ Pack healthy snacks to bring along—foods like carrots and celery sticks, fruit, or a small handful of nuts.
- ❖ If you stop at fast food places, stay away from foods with trans fat and try to pick items that do not have lots of salt, sugar, and calories. (See *Fast Food Facts*, page B-19.)
- ❖ Chew gum to stay awake instead of snacking.
- ❖ Drink water or unsweetened iced tea or coffee to keep your mind off food.

3.

goal

When you're cooking a meal or cleaning up.

- ❖ If you are hungry, eat a small healthy snack before you start cooking.
- ❖ Chew something like gum or a toothpick while cooking, or drink a glass of water or unsweetened iced tea so you don't nibble.
- ❖ Fix the same food for everyone—you will spend less time in the kitchen.
- ❖ Have someone else help clean up the leftovers—that way you won't be tempted to eat them!



4.

goal

When you're eating meals or snacks at work.

- ❖ Instead of buying snacks at vending machines and snack bars, bring your own healthy snacks from home and keep them handy—a small amount of nuts or fruit are good choices.
- ❖ When a snack bar or vending machine is your only choice, choose fruit, low-fat yogurt, or small amounts of animal crackers or fig bars.
- ❖ If you are bored, get up and stretch or get a drink of water.
- ❖ If your office has a party, try the tips for eating “at parties, picnics, covered dish dinners, and restaurants.”

5.

goal

When you are stressed out, bored, tired, angry, or depressed.

- ❖ Do something else instead of eating, like:
 - Go for a walk
 - Work on a hobby
 - Read a magazine or book
 - Call a friend
 - Play with your kids or grandkids
 - Take a warm bath
- ❖ Keep healthy snacks handy—raw vegetables, fruit, nuts, or popcorn (store it in an airtight container to keep it fresh).
- ❖ If you end up eating unhealthy foods, don't give up. Try again!

6.

goal

When you see unhealthy foods around your home or at work.

- ❖ Out of sight, out of mind! Don't bring unhealthy foods into the house.
- ❖ If you must buy some unhealthy foods for your family, choose foods that don't tempt you. Talk to your family about healthier choices.
- ❖ Keep unhealthy snacks like chips, candy and cookies out of sight.
- ❖ Put tempting foods in containers you can't see through in the refrigerator.
- ❖ Avoid the snack food area at work, especially at day's end when you are tired!

7.

goal

When someone offers you something unhealthy.

- ❖ Learn how to politely refuse. You can say:
 - “No thank you, I just ate.”
 - “I'm trying to watch what I eat.”
 - “Thanks, I'd love a cup of coffee.”
 - “It looks great, but, no thanks.”
- ❖ Ask friends and family members not to offer you unhealthy foods.

**8.**

goal

When you want to reward yourself.

- ❖ Take some time for yourself—go for a walk or spend some time doing something you enjoy.
- ❖ Use the money you would spend on a food reward to buy yourself or a loved one something special, or donate it to a good cause.

Section B

Healthy Eating



Turning Over a New Leaf

Why is healthy eating important?

Healthy eating is important for many reasons. Healthy eating:

- ❖ helps to **prevent many health problems**, such as heart disease, strokes, high blood pressure, and diabetes
- ❖ can help you **control existing conditions** like high blood pressure, high cholesterol, or diabetes
- ❖ can help you **manage or maintain your weight** and feel better

Making changes: You can do it!

Many people know they should eat healthy but don't know if they can switch to a new way of eating. Here are some answers to concerns that people have about making changes.

Concern: It costs more to eat healthy.

- ❖ If you choose carefully, eating healthy does not need to cost more (see *Eating Healthy on a Budget*, page B-23.)
- ❖ Eating less meat can save you money. Use beans or eggs in place of meat to make tasty and inexpensive main dishes. (See the *New Leaf* cookbook, pages 34–42 for recipes.)
- ❖ Fruits and vegetables don't have to be fresh to be healthy—canned and frozen are fine, but watch out for added salt or sugar.
- ❖ You can buy some healthy foods in bulk—they cost less that way.

Concern: Healthy foods take more time to buy and cook.

- ❖ You don't have to shop at special stores to get healthy foods.
- ❖ You can cook healthy foods simply and quickly (see *Cooking for One or on the Run*, page B-25.)
- ❖ Some healthy foods don't need much cooking at all. A small sweet potato takes 5-10 minutes to cook in the microwave, a salad is easy to throw together, and fruit is the original "fast food"!

Concern: I'll have to give up all my favorite foods.

- ❖ You can eat smaller amounts less often.
- ❖ Learn other ways to prepare your favorite foods—check out the *New Leaf* cookbook.
- ❖ Try something different—it may become a new favorite!

Concern: Healthy foods just don't taste as good.

- ❖ The *New Leaf* cookbook has lots of great-tasting recipes.
- ❖ If you give healthy foods a chance, you can get used to a new way of cooking and eating.

Concern: Healthy foods will leave me feeling hungry.

- ❖ Eat lots of high-fiber vegetables to feel satisfied with fewer calories.
- ❖ Foods like soups and water-rich fruits and vegetables can fill you up.
- ❖ Having some protein and foods with healthy fats at most meals can help you not feel hungry so soon after eating. A small spoonful of peanut butter on a banana is a satisfying treat. Or, eat a good breakfast like oatmeal or yogurt with a few nuts.

Concern: I don't know where to start.

- ❖ Make changes slowly to get used to a new way of eating. Take one step and one day at a time.
- ❖ Make small changes you can stick with.
- ❖ Think about changing your habits for the long haul (rather than going on a “quick diet”).
- ❖ Think of how good you will feel, both physically and mentally, when you eat healthy.
- ❖ Get the whole family involved—healthy foods are better for everyone.
- ❖ Use our practical tips to make small changes that add up (see *Healthy Eating Tip Sheets*, page A-11.)

Remember...

It's OK if you get off track every now and then. Don't give up—just try again.

You can do it!

A Healthy Eating Plan for Life

Eating in a healthy and balanced way means choosing a variety of foods: vegetables, fruits, beans, whole grains, dairy products, lean red meat, poultry, fish, eggs, and nuts. Eating healthy also means limiting unhealthy fats and avoiding added sugars and salt.

Choosing well from each food group

Vegetables

Vegetables have important vitamins, minerals and fiber with few calories. Eating lots of vegetables may lower your risk of heart disease, diabetes, and some cancers. Vegetables that are high in potassium (a mineral) can help you control or lower your blood pressure (see *Good Sources of Potassium*, next page).

- ❖ Vary your vegetable choices to keep meals interesting (see *Healthy Eating Tip Sheets*, page A-11.)
- ❖ Include dry beans and peas often.
- ❖ Try to eat 5 or more servings of vegetables each day (at least 2½ cups). Fill half of your plate with vegetables.

Fruits

Fruits are important sources of potassium (see *Good Sources of Potassium* on the next page), dietary fiber, vitamin C, and folic acid. Dietary fiber from fruit, as part of a healthy diet, may lower your risk of heart disease.

- ❖ Vary your fruit choices to keep snacks and desserts interesting.
- ❖ Try to eat about 4 servings of fruit (2 cups) each day.

Grains

Bread, tortillas, rice dishes, pasta, and hot and cold breakfast cereals are made from grains like wheat, rice, and rye. Cornmeal-based products also are part of this group. Eating whole grain foods is a good way to get fiber and B vitamins. Fiber may reduce your risk of developing heart disease and diabetes, and can help prevent constipation.

- ❖ Try to eat only or mostly whole grains (see *Know Your Grains*, next page).
- ❖ The amount of overall grains that you need depends on how physically active you are.



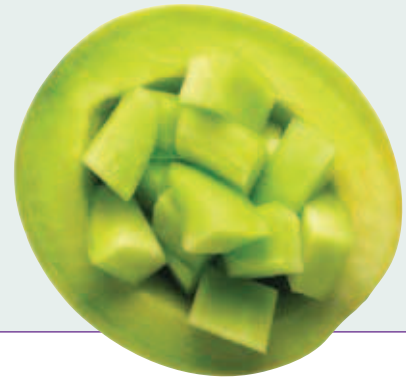
Good Sources of Potassium

Vegetables

- ❖ Dark-green vegetables (like spinach and beet greens)
- ❖ Orange vegetables (like sweet potatoes and butternut squash)
- ❖ Starchy vegetables (like white potatoes and lima beans)
- ❖ Tomatoes and tomato products (like tomato sauce and paste)
- ❖ Cooked dry beans and peas (like lentils, kidney beans, and split peas)

Fruits

- ❖ Bananas
- ❖ Cantaloupe and honeydew melon
- ❖ Dried fruit (like raisins, prunes, and dried apricots)



Red meat, poultry, fish, eggs, nuts, and beans

These foods are good sources of protein and have important vitamins and minerals. Lean red meat and poultry are okay in moderate amounts. Fish and nuts have healthy fats that your body needs.

- ❖ Eat some **red meat and poultry** but keep your portions small (about 3 ounces—the size of a deck of cards). Trim the fat from meats.
- ❖ Eat at least two servings of **fish and shellfish** a week, especially fish that have lots of “omega-3 fatty acids”—healthy fats that many Americans don’t get enough of (see *Fish Facts*, next page).
- ❖ Use **nuts or beans** to replace fatty meat or cheese in snacks, salads, or main dishes.
- ❖ Don’t forget about **eggs**. Eggs are a good source of low-cost, high-quality protein. Eating an average of one egg a day does not affect most people’s cholesterol levels.
- ❖ On a typical day, you might eat two 3-ounce servings of red meat, poultry, or fish; 1 egg; and 2 tablespoons of peanut butter.

Know Your Grains

- ❖ **Whole grains** (like whole wheat flour, whole oats, brown rice, and whole cornmeal) have the entire grain kernel—make sure the list of ingredients says “100% whole wheat.” Foods that say “multigrain,” “seven grain,” “100% wheat,” “cracked wheat,” or “bran” are probably not whole grain foods.
- ❖ Grains that have been **refined** (like white flour, white rice, and regular pasta) are missing fiber, iron, and many B vitamins.

Milk, yogurt, and cheese

Milk and milk products contain several important nutrients, including calcium, potassium, and Vitamin D. When you can, choose 1%, 1/2%, or skim (nonfat) milk, low- or nonfat yogurt, and low-fat cheese. If you are lactose intolerant, have fortified cereals or other foods high in calcium, or drink small amounts of orange juice fortified with calcium and vitamin D.

Oils and seasonings

Vegetable oils low in saturated fats (like olive oil and canola oil) and trans-fat-free margarines are good choices. Foods like fish, nuts, and avocados also have healthy oils.

- ❖ Stay away from processed foods with lots of trans fats or added salt.
- ❖ Mayonnaise is high in fat but it contains mostly healthy fats.
- ❖ Aim for 2-3 tablespoons of healthy oils, mayonnaise, or other spreads each day.



For balanced healthy eating...

- ❖ Eat a **variety** of foods to get the nutrients you need.
- ❖ **How much** you eat is important to stay at a healthy weight. Avoid overeating and large portions.
- ❖ **Watch out** for foods that have a lot of trans fat, saturated fat, sugar, salt, and empty calories—go easy on sweets, sodas, and sports drinks!

Fish Facts

These fish are high in the **healthy fats** (omega-3 fatty acids) that our bodies need:

- ❖ Tuna
- ❖ Salmon
- ❖ Sardines
- ❖ Lake trout
- ❖ Herring

Some fish contain mercury. Mercury is harmful to everyone if eaten at high levels (and especially harmful for pregnant/nursing women and children). Use the following guidelines to plan the types and amounts of fish you eat:

- ❖ Eat as many as 1–2 servings per week of canned light tuna (packed in water), catfish, sardines, shrimp, salmon, trout, anchovies, Atlantic mackerel, and herring—these fish are low in mercury.
- ❖ Eat no more than 6 ounces per week of king mackerel, tile fish, shark, or swordfish—these fish contain high levels of mercury. (Serve even smaller portions of these fish to children.)
- ❖ Albacore tuna has more mercury than canned light tuna. Don't eat more than 6 ounces per week of albacore tuna.

Focus on Fruits & Vegetables



Why should I eat more fruits and vegetables?

- ❖ There are many reasons to eat plenty of fruits and vegetables. Vegetables and fruit:
 - have lots of good nutrients
 - make good snacks and desserts
 - fill you up
 - have fiber, which is good for you
- ❖ Eat more servings of vegetables than fruits (vegetables usually have fewer calories). Aim for at least 5 servings of vegetables and about 4 servings of fruit each day.
- ❖ Try to eat vegetables from all five groups (and especially the first two) (see *Types of Vegetables*).

There are many ways to eat more fruits and vegetables every day. (See *Healthy Eating Tip Sheets*, page A-11, for suggestions.)

Types of Vegetables

Dark green vegetables: greens (collards, mustard or turnip greens, beet greens, kale, chard, leafy lettuces), spinach, broccoli

Orange vegetables: carrots, sweet potatoes, butternut squash, pumpkin

Starchy vegetables: corn, white potatoes, green peas, lima beans

Other garden vegetables: tomatoes, cabbage, celery, cucumber, onions, peppers, green beans, okra, zucchini, turnips, beets

Dry beans and peas: pinto beans, navy beans, lentils, chickpeas, black-eyed peas



Types of Fruit

Citrus fruits: oranges, grapefruit, tangerines, lemons, limes

Berries: strawberries, blueberries, blackberries, raspberries, cherries, cranberries

Melons: cantaloupe, honeydew, watermelon

Tropical fruits: bananas, mangos, papaya, pineapple, pomegranate

Other fruits: apples, pears, grapes, peaches, plums, apricots, nectarines, kiwi

Dried fruit: raisins, prunes, dried apricots, dried apple

Fiber—Are You Getting Enough?

Getting enough fiber is important. Fiber helps you feel full and keeps you regular. Eating high-fiber foods also can help lower your cholesterol and prevent heart disease and diabetes.

What is fiber?

Fiber (or “roughage”) is found in all vegetables, fruits, whole grains, beans, and nuts. There are two types of fiber.

Insoluble fiber helps with constipation by keeping you regular. This type is found mostly in the tougher parts of foods like...

- ❖ the skins of fruits and vegetables
- ❖ leafy greens like turnips and collards
- ❖ the outer layer of beans and grains like wheat

Soluble fiber can help to lower your cholesterol, which is good for your heart. It is found mainly inside the softer parts of foods like...

- ❖ beans and peas
- ❖ fruits like apples, oranges and grapefruit
- ❖ vegetables like squash, sweet potatoes, and cabbage
- ❖ oatmeal and oat bran

How much fiber do I need?

Each day you should have at least 25 to 35 grams of fiber. If you choose foods that are good sources of fiber at each meal and snack, it’s easy to get enough (see sample menu, next page). To get the fiber you need...

- ❖ Eat 5 or more servings of **vegetables** and about 4 servings of **fruit** each day. Eat the skin or peel, when possible.
- ❖ Eat **beans and peas** (like pinto beans and split peas) at least 3 times a week.
- ❖ Choose **whole grain** breads. Be careful: Breads that look “brown” are not always made from whole grain! Read the ingredient list and make sure that it lists whole wheat flour or whole grain as the first ingredient. Pick a bread that has at least 2 grams of fiber per slice.
- ❖ Choose **high-fiber** cereals like bran flakes, shredded wheat, and old-fashioned oatmeal (not instant).
- ❖ Add a few **nuts** to your salads (or breakfast cereal) or have a small amount as a snack.



Sample Daily Menu with Recommended Amount of Dietary Fiber

	Fiber (grams)
Breakfast	
❖ Old-fashioned oatmeal (1 cup)	4
❖ Orange (1 medium)	3
❖ 1/2% milk (1 cup)	0
Lunch	
❖ Whole wheat bread (2 slices)	4
❖ Lean ham or turkey (2 ounces)	0
❖ Lettuce and tomato (2 pieces each)	1
❖ Mayonnaise (1 Tbsp on sandwich)	0
❖ Apple with skin (1 medium)	3
❖ Low-fat yogurt (6 ounces)	0
Dinner	
❖ Baked chicken (3 ounces)	0
❖ Pinto beans (1/2 cup)	6
❖ Turnip greens (1 cup)	6
❖ Cornbread (2" square)	1
❖ Trans-fat-free margarine (1 tsp. on cornbread)	0
Snacks	
❖ Peanuts (1/4 cup)	3
❖ Popcorn (1 cup)	1
❖ Fruit cocktail in its own juice (1/2 cup)	1
Total fiber	33

Sugar-sweetened Drinks

Why should we limit sodas and other sugar-sweetened drinks?

Sodas and other sugar-sweetened drinks have lots of added sugar. These are sugars and syrups that are added to foods or beverages during processing or preparation.

- ❖ Added sugars provide lots of extra calories but nothing else!
- ❖ Drinking one or more sugar-sweetened drink each day can increase your risk of becoming overweight and developing diabetes.
- ❖ Added sugar and sodas can lead to tooth decay.

What is a sugar-sweetened drink?

Drinks with added sugar include:

- ❖ regular sodas (soft drinks)
- ❖ fruit punches and fruitades
- ❖ lemonade
- ❖ sports and energy drinks
- ❖ other sweetened drinks, like iced tea, Kool-Aid™, or sweetened coffee drinks

Types of Added Sugar on Food and Drink Labels

- | | |
|---|--|
| ❖ High fructose corn syrup | ❖ Other syrups like malt syrup or sucrose syrup |
| ❖ Fruit juice concentrates (or “concentrated juice” or “juices from concentrate”) | ❖ Sugar, invert sugar, cane sugar |
| ❖ Corn syrup or corn sweetener | ❖ Fructose, glucose, dextrose, maltose, lactose, sucrose |
| | ❖ Honey |
| | ❖ Molasses |

What can I drink instead?

Try these...

- ❖ Plain water, add a twist of lemon or lime for a fresh taste
- ❖ Sparkling water mixed with a splash of 100% fruit juice
- ❖ Unsweetened or sweetened ice tea, hot or herbal tea, or coffee—but go easy on the sugar!
- ❖ 1%, 1/2%, or skim (nonfat) milk products
- ❖ A small amount of 100% fruit juice (4 oz.), no more than twice a day.

If you drink diet soda, be sure not to drink too much. (Diet sodas have no nutritional value and can lead to bone loss. Some experts have concerns about the long-term health effects of large amounts of artificial sweeteners.)



Watch out for high fructose corn syrup!

The main sugar product added to most drinks is high fructose corn syrup. **WATCH OUT** for drinks and processed foods with high fructose corn syrup! But be careful—added sugars have many other names too (see *Types of Added Sugar*, previous page).

What About Alcohol?

You may have seen news reports saying that regularly drinking small amounts of alcohol can lower heart disease risk. This is probably true but most health experts would not tell someone to start drinking alcohol or to drink more often as a way to avoid heart disease. Drinking large amounts of alcohol regularly (or even once in a while) has harmful health effects. Also, some experts think that even **small** amounts of alcohol may increase a woman's chances of getting breast cancer.

The bottom line: If you choose to drink alcoholic beverages, drink alcohol wisely and in small amounts. This means:

- ❖ No more than 1 drink per day for women, or 2 drinks per day for men.
- ❖ A drink is 4 ounces of wine, 12 ounces of beer, or 1 ounce of liquor.



Know Your Fats

What are the types of fat?

Fats are an important part of what we eat. Our bodies need fats to carry out many functions. It is important to know which fats are best for you.

There are several different types of fat in the foods we eat. They are:

- ❖ trans fats or trans fatty acids
- ❖ saturated fats
- ❖ unsaturated fats (monounsaturated and polyunsaturated)

Trans fats

Trans fats (or trans fatty acids) are made when liquid vegetable oils are turned into solid fats for margarine, shortening, or deep-fat frying. Trans fats can increase your chances of developing heart disease and diabetes, even if you do not eat a lot of them (see *Avoiding Trans Fats*, below). To avoid health problems, it is best to eat **no** trans fats at all or almost none! Trans fats are found in foods like...

- ❖ Baked goods, packaged snack foods, doughnuts, crackers and chips
- ❖ Greasy, shiny, or greasy-crisp fried foods and biscuits from fast food places and restaurants
- ❖ Hard stick margarine
- ❖ Shortening

Avoiding Trans Fats

Even a small amount of trans fat can be bad for your health. For most adults, as few as 2 to 7 grams of trans fat a day can be harmful. Be aware that food labels can say “zero trans fat” when a food has less than 0.5 grams (500 mg) of trans fats per serving, so you could be eating trans fats even when you see “zero” on the label! Looking at the ingredients list for “partially hydrogenated vegetable oil” or “hydrogenated vegetable oil” is the **ONLY** way to know for sure whether something has trans fats in it.

Note the trans fats in this list of ingredients from a food label:

Ingredients: Enriched flour, sugar, vegetable oil, whey (from milk), **partially hydrogenated soybean oil**, salt, baking soda, calcium lactate, malic acid, high fructose corn syrup.

Saturated fats

Eating too much saturated fat can also increase your chances of having heart problems. Try to eat less than 20 grams of saturated fat per day. Saturated fats are mostly hard or solid fats. They are the main fats found in foods from animals. Foods like...

- ❖ Fatty meats—ribs, ground beef, steak, barbecue, salt pork, and fatback
- ❖ Processed meats—bacon, sausage, bologna, and hot dogs
- ❖ Cheese
- ❖ Whole milk (regular sweet milk)
- ❖ Ice cream
- ❖ Cream
- ❖ Butter
- ❖ Lard

Unsaturated fats

The unsaturated fats (mono- and polyunsaturated) are better for your heart. These fats are softer, more liquid fats that are found mostly in plant foods and some oily fish. Foods like...

- ❖ Vegetable oils—olive, canola, safflower, peanut, corn, and soybean oils
- ❖ Salad dressings made with these oils
- ❖ Trans-fat-free margarine spreads
- ❖ Fish—salmon, tuna, and sardines
- ❖ Peanut butter and other nut butters
- ❖ Nuts—almonds, pecans, peanuts, and walnuts



To keep your heart healthy and lower your chances of getting heart disease...

Choose foods that are **LOW** in trans and saturated fats

- ❖ Fruits and vegetables*
- ❖ Beans*
- ❖ Whole grain breads and cereals*
- ❖ Lean meats, chicken, turkey and fish
- ❖ 1%, 1/2%, or skim (nonfat) milk, low-fat cheese, and low-fat or nonfat yogurt
- ❖ Watch out for foods made with coconut, palm, and palm kernel oils, which are high in saturated fat.

* These foods are also high in fiber!



Eat more of these other kinds of fat

- ❖ Use liquid vegetable oils and trans-fat-free margarine spreads for cooking and seasoning instead of animal fats like lard, bacon grease, side meat, or fatback.
- ❖ Eat a small amount of nuts for a healthy snack.
- ❖ Choose fish more often.

Become a smart shopper

- ❖ The list of ingredients can tell you whether a food has “partially hydrogenated vegetable oil” (trans fat) in it.
- ❖ The food label shows how much saturated fat is in the foods you buy. (See *Read the Label!* on page B-17.)

Understanding Cholesterol

Your body needs a little cholesterol to be healthy, but too much cholesterol can be bad for your heart. Heart disease and stroke are the leading causes of death in this country and are more likely to occur in people who have high blood cholesterol levels. The food you eat can make a difference in the amount of cholesterol in your blood.

What are LDL and HDL cholesterol?

There are two main types of cholesterol:

- ❖ LDL is the “bad” cholesterol. **LDL cholesterol** should be below 130 mg/dL, and for those who have heart disease, below 70 mg/dL.
- ❖ HDL is the “good” cholesterol. **HDL cholesterol** should be above 40 mg/dL.
- ❖ A good **total cholesterol level** is below 200 mg/dL, and for those who have heart disease, below 150 mg/dL.
- ❖ **Triglycerides** are another fatty substance in the blood; they should be less than 150 mg/dL.



What happens if my cholesterol is too high?

If there is too much cholesterol in your blood, the walls of your blood vessels may enlarge with cholesterol deposits. These can clog the blood vessels and lead to heart attacks and strokes.

What can I do to lower my cholesterol?

Cut down on the amount of trans fat, saturated fat, and cholesterol that you eat (see *Know Your Fats*, page B-11). This will help lower your LDL or “bad” cholesterol and may reduce your chances of getting heart disease.

It also helps to be active, get rid of extra weight and, if you smoke, quit!

How Much Can I Eat?

It's not just **what** you eat that counts. Controlling **how much** you eat is very important if you want to lose weight or maintain your weight. Learn how to eat the right amount...

1. Read food labels.

- ❖ Most packaged foods come with a label that tells you how much one serving is. (See *Read the Label!*, page B-17.)
- ❖ Look for the serving size on the food label. Ask yourself: "Is this how much I usually have?"

2. Put the right amount on your plate.

- ❖ Use measuring cups and spoons to measure portions.
- ❖ If it's hard to measure your food every day, see *Be Serving Size Wise* at the beginning of this notebook, for an easy way to serve the right amount of food.

3. Use these general guidelines:

- ❖ For foods such as **meat, fish, or chicken**, use a food scale to measure the right amount (about 3 ounces). A 3-ounce serving is about the size of your palm or a **deck of cards**.
- ❖ For **breakfast cereals, soups, and salads**, a serving size is usually one cup, which is about the size of your **two hands cupped together**.
- ❖ For **whole grain pasta, brown rice, old-fashioned oatmeal, or fruit salad**, a serving size is 1/2 cup, or about the size of **one hand cupped**.
- ❖ For **butter or trans-fat-free margarine**, one teaspoon is **one fingertip**.
- ❖ For **salad dressing and sour cream**, a serving size is two tablespoons, which is about the size of a **ping-pong ball**.
- ❖ For hot and cold **beverages**, a serving size is 8 fluid ounces, about the **size of your fist**.



Remember—When you fix a plate, don't pile the food high!

Spice It Up Without Salt

Too much salt (also called sodium) causes high blood pressure in some people. High blood pressure is bad for your heart. Most of the salt that Americans eat comes from the salt that is added to processed and restaurant foods. To keep your heart healthy and your blood pressure normal, use the following tips.

1. Check food labels for salt or sodium.

- ❖ One level teaspoon of salt is about 2300 milligrams of sodium. Try not to go over this amount with ALL your foods in one day—that means the salt already in processed foods as well as the salt that you add to food you cook.
- ❖ Look for foods that have less than 300 milligrams of sodium in a serving (see *Added Salt Adds Up!*, next page).
- ❖ A food is pretty HIGH in salt if a serving has over 400 milligrams of sodium.
- ❖ Look for foods that say no salt added or low or reduced sodium.

2. Watch out for salty foods.

- ❖ Boxed dinners (like macaroni & cheese or Hamburger Helper®), canned soups and vegetables, frozen vegetables with sauces, and cheese sauces are often HIGH in salt (sodium). Look for foods that have less sodium.
- ❖ If you eat frozen dinners, buy low salt or low sodium meals or have regular frozen dinners no more than once a week. Better still, make your own frozen dinners—cook larger amounts of food and freeze the extra in containers to reheat later. (You'll save money too!)
- ❖ Go easy on hot dogs, lunchmeats, and cured meats like bacon, ham, sausage, and beef sticks.
- ❖ Don't overdo fast foods and salty chips and snacks (these may also have a lot of trans fats).
- ❖ Choose carefully at restaurants—even "healthy" menu items often have lots of salt.

3. Break the salt shaker habit.

- ❖ ALL the salt you have in one day should fit in one level teaspoon. Remember that most of your salt is in the foods already, so only add a very small amount.
- ❖ Taste your food first, before adding salt.
- ❖ If a recipe calls for salt, add less than half the amount.
- ❖ Keep the salt shaker away from where you cook and eat.

4. Try herbs and spices.

- ❖ Try herbs and spices to bring out the flavor in your foods without adding salt.
- ❖ For beef: Use sage, garlic, thyme, pepper, or turmeric.
- ❖ For chicken: Use paprika, rosemary, curry, or garlic or onion powder.



- ❖ For pork: Use thyme, basil, sage, pepper, curry, or garlic or onion powder.
- ❖ For fish: Use lemon or lime juice, dill, or garlic or onion powder.
- ❖ Try Mrs. Dash® or make your own herb and spice mixture. Keep it in a shaker and use when cooking or at the table.
- ❖ Be careful! Some seasonings and sauces have lots of salt: garlic and onion salts, poultry seasoning, soy sauce, barbecue sauce, ketchup, some hot sauces, and spaghetti and tomato sauces.



Added Salt Adds Up!

Watch out for the salt in snack and convenience foods. Compare the salt (sodium) in a baked potato versus 1 serving of potato chips:

Food/Amount	Calories	Salt (Sodium)	Saturated Fat
1/2 baked potato	60	2.5 mg	0 g
20 potato chips (1 serving)	150	333 mg	2 g

Read the Label!

It's easier to make good choices when you know how to read food labels. Everything on the label is based on ONE serving. Here's what to look for:

Food label

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 8	
Amount Per Serving	
Calories 280	Calories from Fat 70
% Daily Values*	
Total Fat 8g	12%
Sat. Fat 4g	20%
Trans Fat 1.5g	
Cholesterol 60 mg	18%
Sodium 590mg	26%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 4g	
Vitamin A	4%
Vitamin C	0%
Calcium	15%
Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Serving Size

Look at the serving size and ask yourself, "How many servings am I eating?" Here, a serving is one cup. If you ate two servings (2 cups), you would have 16 g of fat (8+8), 1 180 mg of sodium (590+590), and 560 calories (280+280).

Calories

Eating too many calories per day is linked to overweight and obesity. Looking at the calories in a serving can help you manage your weight. In general, 40 calories per serving is low-calorie, 100 calories per serving is moderate, and 400 or more is high.

Saturated Fat

Too many saturated fats are not good for your heart. Try to eat less than 20 grams of saturated fat per day. This food has 20% of the saturated fat you should have in a day (see %DV). Balance this food with others that are lower in saturated fat.

Trans Fat

These are some of the worst fats for your heart. Try not to eat any! Be careful: The food label may say "trans fat=0 grams" but if the ingredient list shows "partially hydrogenated vegetable oil" then eating lots of servings still could add up to lots of trans fat! (See *Know Your Fats*, page B-11.)

Cholesterol

Keep this number as low as you can.

Sodium (salt)

Salt can be a problem for people with high blood pressure. Keep sodium at less than 2,300 mg (about 1 level teaspoon of salt) a day. One serving of this food would give you 26% (one fourth) of the sodium that you should get for the whole day!

Total Carbohydrate

Whole grain breads, fruits, and vegetables are some of the best kinds of carbohydrates because they are high in fiber. The more physically active you are, the more carbohydrates you can eat without gaining weight.

Dietary Fiber

Try to get at least 25-35 grams each day. Fiber lowers your cholesterol and keeps you regular. Here, you get 4 grams of fiber per serving.

Sugars

These include naturally occurring sugars (like those in fruit and milk) but also sugars added to foods or drinks. Read the ingredients list and avoid foods that contain high fructose corn syrup or other added sugars (such as fruit juice concentrate, sugar, maltose, dextrose, or sucrose) as one of the first few ingredients (see *Sugar-sweetened Drinks*, page B-9).

Protein

Most Americans get more than enough protein. Animal proteins often come with a lot of saturated fat and cholesterol.

Vitamins and Minerals

Your goal should be to get 100% of the Vitamin A, Vitamin C, calcium, and iron that you need each day. Eat a variety of foods, especially fruits, vegetables, and low-fat or nonfat dairy products to reach this goal.

% Daily Value (DV)

The percent daily value shows you what percent of your daily goals are contained in one serving of a given food. A few nutrients, like trans fat, sugars, and protein, do not have a % DV. Try to eat almost no trans fats. Note that the % daily values are based on a 2,000 calorie diet—your own values may be higher or lower depending on your calorie needs.

In general, 5% DV or less is low and 20% DV or more is high.

Aim for these daily values:

- ❖ Low %DV of:
 - saturated fat
 - cholesterol
 - sodium
- ❖ High %DV of:
 - dietary fiber
 - Vitamins A and C, calcium, and iron

Now You Try It! Food Label Quiz

Use the information in the food label to answer the following questions:

1. How many grams of **saturated fat** would you get if you ate only $\frac{1}{2}$ a cup ($\frac{1}{2}$ a serving size) of this food?
2. With 1 cup (1 serving) of this food, how many grams of **trans fat** would you be eating?
3. What is the total amount of **dietary fiber** you would get if you ate 2 servings (2 cups) of this food?

Answers:
1) 2g of saturated fat
2) 1.5g of trans fat
3) 8g of dietary fiber

Fast Food Facts

Fast food is convenient, may taste good, and doesn't cost a lot, but most fast food is unhealthy. It is best to stay away from fast food restaurants because most fast foods are high in trans and saturated fats, salt, sugar, and calories, and they use a lot of white breads and noodles. Make careful menu choices at other restaurants too!

If you eat at fast food restaurants, remember...

- ❖ Eat out only once in a while.
- ❖ Eat small portions, or try a kids' meal—stay away from “supersized” food and beverage portions!
- ❖ Beware of “Market Fresh” or “Premium” menu items—they may sound healthy but they often are not.
- ❖ Ask for the Nutrition Facts sheet to make the best choices.
- ❖ Foods that are lower in trans fat and saturated fat can still be loaded with salt.

How do I make better fast food and restaurant choices?

Breakfast

- ❖ Avoid biscuits, hash browns, or fried potatoes, which usually have a lot of trans fat.
- ❖ Choose lean meat or plain eggs.
- ❖ Try fruit and yogurt.
- ❖ Unsweetened cereal with 1%, 1/2%, or skim (nonfat) milk can be a good choice.
- ❖ If you order toast, English muffins, pancakes, or waffles, ask for butter or trans-fat-free margarine on the side. Use 1/2 or less of the syrup packet.

Salads

- ❖ Salads can be a good way to eat more vegetables—but avoid toppings like fried or crispy chicken, other fried meats, croutons, tortilla strips, cheese, macaroni salad, or potato salad.
- ❖ Use a small amount of Italian or oil and vinegar salad dressing—stay away from the ranch, caesar, thousand island, and other creamy dressings.



French fries and other fried side dishes

- ❖ Skip the fries, onion rings, fried cheese sticks, and fried jalapeños—they are usually cooked in partially hydrogenated vegetable oil (trans fat).
- ❖ Instead, order a baked potato with just a little bit of butter, soft margarine, or cheese.
- ❖ If you do order fries, share a small order with a friend instead of eating them all yourself.

Burgers and sandwiches

- ❖ Subway sandwiches on whole wheat bread can be a healthy choice. Ask for lean meats like turkey breast and plenty of vegetables. Avoid meatballs.
- ❖ Try a grilled chicken sandwich.
- ❖ Order burgers and sandwiches plain or with lettuce and tomato. Add your own mustard or ketchup, and skip the “special sauces” and cheese!
- ❖ Burgers have less trans fat than fried chicken nuggets.



A healthy alternative to french fries and hamburger is grilled fish wraps and a salad with oil and vinegar dressing.

Chicken and fish

- ❖ Order grilled chicken instead of fried or “crispy.”
- ❖ If you get fried chicken, ask for regular not crispy—“extra crispy” means “extra trans fat.”
- ❖ Baked or oven-roasted chicken can also be good options.
- ❖ Order fish sandwiches with the cheese and tartar sauce on the side—and only use a little.
- ❖ Try fish with lettuce and tomato and a splash of lemon.

Tacos

- ❖ Order “Fresco Style” tacos—these use salsa instead of cheese and dressings.
- ❖ Avoid most tortillas, burritos, and chalupas, which have a lot of trans fats.

Pizza

- ❖ Don’t eat more than 1-2 pieces of pizza for your meal. Add a side salad to fill you up!
- ❖ Ask for half the cheese.
- ❖ Order vegetable toppings like onions, green peppers, tomatoes, and mushrooms.
- ❖ Skip the high-salt meat toppings like sausage and pepperoni.
- ❖ Avoid stuffed crust pizza, which has lots of extra calories, unhealthy fat, and salt.

Food bars

- ❖ Enjoy a large salad with plenty of dark leafy greens and other vegetables like broccoli or carrots. Add a small amount of sunflower seeds or almonds. Go easy on the cheese and use oil and vinegar dressings.
- ❖ Vegetable soups can be good choices if they don't have lots of added salt or sugar.
- ❖ Choose vegetables without sauces.

Drinks

- ❖ Have a glass of water with a refreshing twist of lemon or lime.
- ❖ Order unsweetened iced tea or coffee, or sweetened—but go easy on the sugar!
- ❖ Ask for 1%, 1/2%, or skim (nonfat) milk.
- ❖ Avoid sugar-sweetened drinks like sodas, fruitades, or powerades.
- ❖ Order a small (4-oz.) orange or apple juice.

Desserts

- ❖ Choose low-fat yogurt instead of milkshakes, apple turnovers, and cookies.
- ❖ Bring a piece of fresh fruit from home.

Salt

- ❖ Avoid dipping sauces, like “chipotle” or “bbq.” Most dipping sauces are loaded with salt.
- ❖ Go easy on extra meats like bacon or sausage.

Choose carefully—fast foods have lots of trans fats, salt, and sugar!



Eating Healthy on a Budget

Healthy foods don't have to cost more. By choosing carefully you can eat healthy AND keep your food costs down. You will have more money to buy healthy foods because you will save money **not** buying unhealthy foods!

Shop wisely.

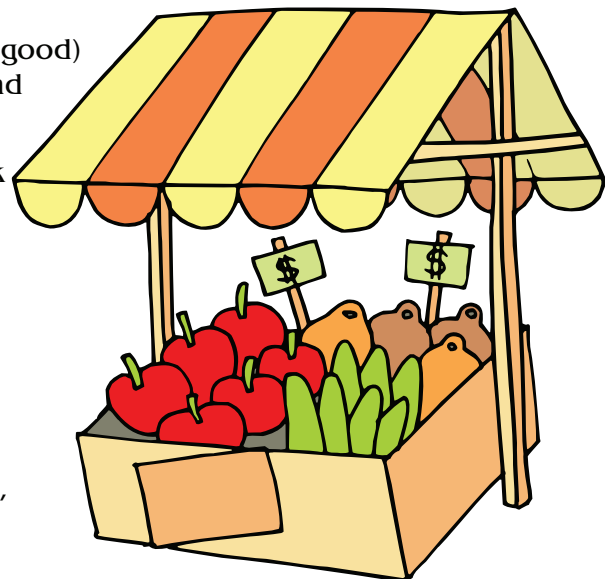
- ❖ Compare prices and ingredients—store brands are often cheaper and just as good.
- ❖ Look for day-old whole wheat bread or reduced price fruits and vegetables—but only buy what you will use quickly!
- ❖ Do the work yourself—trim the fat from meat and debone chicken at home. Wash and cut fruits and vegetables instead of buying them prewashed or precut.
- ❖ Eat before you go shopping to avoid impulse buying!

Buy a larger amount for less money.

- ❖ Buy big bags of inexpensive fruits and vegetables like apples, oranges, and carrots—but don't let them go to waste.
- ❖ Get a bushel of produce from a farmer (pick-your-own, roadside stand, or someone you know), then can or freeze it in smaller servings. (Your local Cooperative Extension Service can tell you how to do this.)
- ❖ Stock up on healthy foods when they are on sale—foods like canned fish, canned beans, nuts, brown rice, and whole grain pasta.
- ❖ Shop with a friend and split larger packages of food when you get home.
- ❖ Buy a large container of yogurt or cottage cheese and use it all week (instead of several small containers).

Buy fruits and vegetables in season.

- ❖ Fruits and vegetables cost more (and don't taste as good) when they're out of season. Enjoy seasonal fruits and vegetables over the year.
- ❖ Watch for produce sales at the supermarket, or look for roadside stands or farmers markets where you may get better prices.
- ❖ Try a "pick-your-own" farm. You can get fresh produce at a good price, and some exercise too! (Call your local Cooperative Extension Service for a list of farms near you.)
- ❖ When you can't find what you want in season, buy canned or frozen—but stay away from added sugars, syrups, salt, and sauces.



Get creative with main dishes.

- ❖ Stretch your food dollar by using beans more often (see *Making the Most of Beans* on page B-26).
- ❖ Have eggs for dinner. Make a vegetable omelet and eat it with whole wheat toast.
- ❖ Eat a large salad. A yummy salad might include: romaine lettuce or spinach, tomatoes, other vegetables, hardboiled eggs, tuna, a small amount of cheese, sunflower seeds or nuts (see *Lower-cost Ways to Eat More Nuts*, below), and a homemade oil and vinegar dressing.
- ❖ Buy canned fish like salmon, tuna, and sardines, or freeze extra fish caught fresh. See salmon patty and tuna salad recipes in the *New Leaf* cookbook, pages 23–24.

Bring food from home (and eat out less often).

- ❖ Bring easy-to-pack sandwiches, soups, hardboiled eggs, fruit, or leftovers to work.
- ❖ Get a reusable plastic container or thermos for your drink.
- ❖ Store leftovers in clear containers so they won't spoil before you can take them for lunch.

Lower-cost Ways to Eat More Nuts

- ❖ Look for nuts and nut butters on sale.
- ❖ Buy nuts in bulk, when possible.
- ❖ Get pecans from a neighbor's (or your own) tree.
- ❖ Find local farmers who can sell you peanuts.
- ❖ Natural peanut butter (the kind with the oil on top) makes a good snack or lunch food.



Cooking for One or on the Run

It might seem like a lot of trouble to make a regular meal when you're the only one eating or when you're rushing from one thing to the next. But even if you're in a hurry, you can still choose a healthy eating plan (see *A Healthy Eating Plan for Life*, page B-3).

Here are **five** ideas for fixing quick, balanced meals:

- 1. Keep frozen or canned vegetables on hand** for easy additions to soups, sauces, and stews.
 - ❖ Combine canned goods with fresh ingredients.
 - ❖ Buy low-salt canned goods when possible.
 - ❖ Buy frozen vegetables in bags, not boxes - it's easier to take out a small amount.
- 2. Buy nuts and fresh fruit** for quick and healthy snacks.
- 3. Cook large batches of food** and freeze leftovers.
- 4. Use leftovers** to save time and money. Toss leftover meat or vegetables in soups, spaghetti sauces, or homemade burritos.
- 5. Plan a week's meals around a few main ingredients**, like lean meats or fish, whole grains, vegetables, and beans (see *Easy Balanced Meals*, below and *Making the Most of Beans*, next page).

Easy Balanced Meals

On Sunday, cook a pot of brown rice. Mix the rice with vegetables and lean meat, poultry, fish, or eggs to build your week's meals...

Monday	Add vegetables and some brown rice to low-salt chicken broth to make a hearty soup.
Tuesday	Sauté onion with two cups of fresh or frozen vegetables in vegetable oil, mix in brown rice, and stir in a beaten egg for quick and easy stir-fried rice. A little low-sodium soy sauce will make it taste like a real Chinese meal.
Wednesday	Make your own hamburger helper: brown ground turkey or lean ground beef with onions and green pepper, then add a scoop of brown rice from your pot. Add extra sautéed or frozen vegetables.
Thursday	Open canned salmon, and eat with brown rice and steamed vegetables.
Friday	Make a quick "stir-fry" with mixed vegetables and cut-up chicken, and serve over brown rice.

Making the Most of Beans

Beans make a great-tasting, low-cost, healthy main dish, and have lots of fiber. There are many kinds of beans: pintos, kidney beans, black beans, navy beans, chickpeas (also called garbanzos), lentils, black-eyed peas, split peas, and others.

- ❖ If beans are hard on your system, use these cooking tips:
 - Soak the beans overnight, then rinse.
 - Change the water before cooking the next day and skim the foam off the top.
 - Make sure the beans are cooked completely.
 - Use onions, garlic, vinegar, or a taste of lean ham for seasoning instead of fatback.
- ❖ Serving beans with vegetables or a whole grain can help you feel full.
- ❖ Use canned beans to save time, but make sure you drain and rinse the beans several times to get rid of the added salt (sodium).
- ❖ Try cooking a pot of beans on Sunday and using the beans during the week. You can:
 - Spoon the beans over brown rice, whole grain noodles, or potatoes.
 - Mix beans and ground turkey or beef with spaghetti sauce to make hearty chili.
 - Add beans to canned or homemade vegetable soup.
 - Mix 3 kinds of beans with a healthy salad dressing for a cold 3-bean salad.
 - Spoon beans, lettuce, tomatoes, onions, and a little cheese onto a soft whole wheat tortilla and roll up into a burrito.



Helping Others Make Healthy Food Choices

Healthy eating is good for everyone, even people who don't have health problems. Here are some reasons why:

- ❖ If everybody eats the same thing, cooking is easier and nobody feels left out.
- ❖ Children learn healthy eating habits early in life.
- ❖ If heart disease, diabetes or high blood pressure run in the family, eating healthy can help everyone lower their risk.

Use the following tips to help your family or friends make changes.

Praise

- ❖ When others eat something that's healthy, say "That's great!"
- ❖ Give a pat on the back for small changes—every step is important.

Give

- ❖ Give hope, not fear. Don't try to scare family or friends by nagging or pointing out their unhealthy eating habits. Focus on how good changes help.
- ❖ Give a gift of food that is good tasting and good for you, like fresh fruit in season, homemade soup, or garden vegetables (fresh, frozen, or canned).

Help

- ❖ Ask family and friends not to eat junk foods in front of you—explain why it's even better not to eat them at all!
- ❖ When you eat out, go to restaurants with healthy choices. Avoid all-you-can-eat places.
- ❖ Keep foods high in sugar, salt, and saturated or trans fats out of sight.
- ❖ Better yet, don't even bring unhealthy foods home.

Share

- ❖ Talk about changes that have made you feel better, like eating healthier, quitting smoking, or being more active.
- ❖ Trade recipes and good food ideas.
- ❖ Invite a friend over to eat—share what you have learned about healthy cooking!

Plan

- ❖ Think up fun things to do with family and friends that do not include food.
- ❖ Focus on activities that can help all of you be physically active—things like walking, washing the car, playing ball, going to the park, or raking leaves.
- ❖ Plan ways to avoid temptation—but if you slip, just get back on track!



It's easier to change when you do it together!

Shifting the Balance

If you feel like it's hard to eat healthy, use these tips to remind yourself how easy it can be!

Meal	Choose these foods	
	more often	less often
Breakfast	<ul style="list-style-type: none"> ❖ Whole grain cereal with 1%, 1/2%, or skim (nonfat) milk ❖ Whole grain pancakes and fruit ❖ A few spoonfuls of chopped almonds or walnuts added to cereal ❖ An egg with whole grain toast ❖ Vegetable omelet ❖ Small piece of lean ham ❖ Whole or cut-up fruit 	<ul style="list-style-type: none"> ❖ Bacon, sausage ❖ Sugary breakfast cereals ❖ Doughnuts, sweet rolls, white flour pancakes ❖ Biscuits, hash browns, fried potatoes ❖ Grits or potatoes with a lot of butter or gravy
Lunch	<ul style="list-style-type: none"> ❖ Whole grain sandwich with peanut butter and jelly, tuna, lean roast beef, grilled chicken, or turkey ❖ Vegetable beef soup with barley ❖ Plain hamburger ❖ Low-fat or nonfat yogurt ❖ Raw or cooked vegetables ❖ Baked potato ❖ Fresh or dried fruit 	<ul style="list-style-type: none"> ❖ Hot dog on white bun ❖ Bologna and cheese sandwich on white bread ❖ Hamburger with all the fixings ❖ Snack chips and pretzels ❖ Cookies, snack cakes ❖ Sodas and other sugary drinks
Dinner	<ul style="list-style-type: none"> ❖ Baked or BBQ chicken (low-sodium sauce) ❖ Baked or broiled fish, especially tuna or salmon ❖ Lean beef or pork ❖ Hoppin' John or vegetarian chili ❖ Whole grain breads or pasta, brown rice ❖ Vegetables seasoned with olive, canola, or other vegetable oils ❖ Spinach or romaine salad with oil and vinegar dressing 	<ul style="list-style-type: none"> ❖ Chicken or fish fried in shortening ❖ Fatty cuts of beef or pork ribs ❖ French fries ❖ Boxed macaroni and cheese ❖ Canned biscuits with butter ❖ Vegetables seasoned with bacon ❖ Sodas and other sugary drinks
Snack foods and desserts	<ul style="list-style-type: none"> ❖ Raw vegetables ❖ Fruit ❖ Unbuttered popcorn ❖ Nuts (a small handful) ❖ A small amount of frozen yogurt 	<ul style="list-style-type: none"> ❖ Snack chips and pretzels ❖ Cookies and cakes ❖ Candy ❖ Sodas or other sugar-sweetened drinks ❖ Ice cream, custard or cream pie

Physical Activity Assessments and Tips



Physical Activity Assessment (PAA)

How active are you?

All of us could probably be more physically active than we are now. Take some time to think about the physical activities you do in an average (or usual) day or week, not just exercise. The next few pages ask you about your day-to-day physical activity habits.

What are the questions about?

The questions are about **all** the different kinds of activities you do in a usual week, including working, household chores, taking care of children, doing hobbies such as gardening, or walking or bicycling to get to places. Some questions ask about **“moderate”** activities, which make you breathe a little harder but still let you talk while you do them. Other questions ask about **“vigorous”** activities, which make you breathe harder and make it hard to talk.

How do I answer the questions?

For each question, choose the box beside the number or word that best answers the question **for you**. The more accurately you can remember all your activities, the better we can work together to come up with a physical activity plan that can help improve your health.

- ❖ Choose “some” if this best describes the amount of time you spend doing these activities.
- ❖ Choose “not much” if you do less than “some.”
- ❖ Choose “a lot” if you do more than “some.”



1. Working



Do you work for pay or as a volunteer?

Yes No (Go to #2)

What Type of Work: _____

In a usual week, how many days do you work?

Number of Days Per Week

On a usual work day, how much time do you spend doing:

❖ Activities while sitting or standing : like typing, filing, preparing food, or working a cash register	<input type="checkbox"/> not much	<input type="checkbox"/> some (3–5 hr/day)	<input type="checkbox"/> a lot	goals ↓
❖ Moderate activities while walking: like waiting tables or walking to deliver things	<input type="checkbox"/> a lot	<input type="checkbox"/> some (1–3 hr/day)	<input type="checkbox"/> not much	
❖ Hard (vigorous) physical work: like heavy cleaning, scrubbing or mopping floors, lifting or carrying heavy objects, walking up hills or stairs	<input type="checkbox"/> a lot	<input type="checkbox"/> some (20–30 min/day)	<input type="checkbox"/> not much	

See Work Tips, page C-9.

2. TV and Seated Hobbies



Do you watch TV or videos, read, use a computer, or do seated hobbies such as knitting or arts and crafts?

Yes No (Go to #3)

In a usual week, how many days do you watch TV or do seated hobbies?

Number of Days Per Week

On a usual day, how much time do you spend watching TV or doing seated hobbies?	<input type="checkbox"/> not much	<input type="checkbox"/> some (1–2 hr/day)	<input type="checkbox"/> a lot	goals
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See TV and Seated Hobby Tips, page C-9.

3. Household Chores



Do you do chores such as laundry, sweeping, vacuuming, or mopping?

Yes **No (Go to #4)**

In a usual week, how many days do you do **moderate** housework, like picking up toys or tidying rooms, doing laundry, sweeping, or vacuuming?

Number of Days Per Week

On a day that you do **moderate** chores, how much time do you usually spend?

a lot

some

not much

goals

(10-29 min/day)

In a usual week, how many days do you do **vigorous** housework, like mopping, heavy scrubbing, or carrying?

Number of Days Per Week

On a day that you do **vigorous** chores, how much time do you usually spend?

a lot

some

not much

goals

(10-19 min/day)

See Household Chore Tips, page C-10.

4. Child and Elder Care



Are you a caregiver for children or older adults? **Yes** **No (Go to #5)**

In a usual week, how many days do you do **moderately** active things, like active play, clean-up, or pushing a stroller or wheelchair?

Number of Days Per Week

On a day that you do **moderate** child or elder care, how much time do you usually spend?

a lot

some

not much

goals

(10-29 min/day)

In a usual week, how many days do you do **vigorous** work or play, like heavy lifting, or active sports with children?

Number of Days Per Week

On a day that you do **vigorous** child or elder care, how much time do you usually spend?

a lot

some

not much

goals

(10-19 min/day)

See Child and Elder Care Tips, page C-10.

5. Yardwork/Gardening/Outside House Care



Do you do activities like gardening, raking, pushing a lawn mower, pushing a wheelbarrow, or chopping firewood? Yes No (Go to #6)

In a usual week, how many days do you do **moderate** yardwork or outside house care, like sweeping, raking, or push mowing?

Number of Days Per Week

On a day that you do moderate yardwork or outside house care, how much time do you usually spend?	<input type="checkbox"/> a lot	<input type="checkbox"/> some (10-29 min/day)	<input type="checkbox"/> not much	goals
In a usual week, how many days do you do vigorous yardwork or outside house care, like heavy lifting, chopping firewood, or spade work?				
Number of Days Per Week <input type="text"/>				
On a day that you do vigorous yardwork or outside house care, how much time do you usually spend?	<input type="checkbox"/> a lot	<input type="checkbox"/> some (10-19 min/day)	<input type="checkbox"/> not much	goals

See Yardwork and Gardening Tips, page C-10.

6. Church and Social Group Activities



Do you do activities with a church and/or social group? Yes No (Go to #7)

In a usual week, how many days do you do church or social group activities?

Number of Days Per Week

On a usual day, when you do church or social group activities, how much time do you spend doing:				
❖ Sitting or standing activities: like listening, talking, eating, or playing games	<input type="checkbox"/> not much	<input type="checkbox"/> some (1-2 hr/day)	<input type="checkbox"/> a lot	goals ↓
❖ Moderate activities: like active singing in the choir, dancing, setting up or cleaning up	<input type="checkbox"/> a lot	<input type="checkbox"/> some (10-29 min/day)	<input type="checkbox"/> not much	
❖ Hard (vigorous) physical work: like heavy set-up or clean-up work, moving tables and chairs, mopping, or loading	<input type="checkbox"/> a lot	<input type="checkbox"/> some (10-19 min/day)	<input type="checkbox"/> not much	

See Church and Social Group Tips, page C-11.

7. Walking or Bicycling for Transportation



Do you walk or bicycle to get to places like work, school, shopping, or to get to the bus stop? Yes No (Go to #8)

In a usual week, how many days do you walk, bicycle, or use a wheelchair to get to places?

Number of Days Per Week

On a usual day when you walk or bicycle to get to places (**moderate activity**), how much time do you spend?

a lot

some

not much

goals

(10-29 min/day)

See Walking or Bicycling for Transportation Tips, page C-11.

8. Exercise and Sports



Do you exercise or play sports? Yes No (Go to #9)

In a usual week, how many days do you do **light** exercise, like walking at a leisurely pace that doesn't make you sweat or breathe hard?

Number of Days Per Week

On a usual day when you do **light** exercise, how much time do you spend?

a lot

some

not much

goals

(10-29 min/day)

In a usual week, how many days do you do **moderate** exercise or sports (fast enough to make you breathe harder), like brisk walking, bicycling, dancing, shallow water aerobics, or outdoor games?

Number of Days Per Week

On a usual day when you do **moderate** exercise, how much time do you spend?

a lot

some

not much

goals

(10-29 min/day)

In a usual week, how many days do you do **vigorous** exercise or sports (fast enough to make it hard to talk), like fast walking, jogging, bicycling, swimming laps, hiking uphill, tennis, or deep water aerobics?

Number of Days Per Week

On a usual day when you do **vigorous** exercise, how much time do you spend?

a lot

some

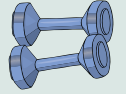
not much

goals

(10-19 min/day)

See Exercise and Sports Tips, page C-12.

9. Strength Training



Do you do strength training exercises such as lifting weights, stretch band exercises, sit-ups, push-ups, leg-lifts, or squats? Yes No (Go to #10)

In a usual week, how many days do you do **strength training** exercises?

Number of Days Per Week

And on a usual day when you do strength training exercises, how much time do you spend?	<input type="checkbox"/> a lot	<input type="checkbox"/> some (10-29 min/day)	<input type="checkbox"/> not much	goals
--	--------------------------------	--	-----------------------------------	-------

See Strength Training Tips, page C-12.

10. Stretching



Do you do stretching exercises, such as yoga, Pilates, chair stretching, or standing stretches? Yes No (End of Physical Activity Assessment)

In a usual week, how many days do you do **stretching** exercises?

Number of Days Per Week

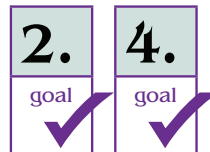
On a usual day when you do stretching exercises, how much time do you spend?	<input type="checkbox"/> a lot	<input type="checkbox"/> some (10-29 min/day)	<input type="checkbox"/> not much	goals
---	--------------------------------	--	-----------------------------------	-------

See Stretching Tips, page C-12.

total score

Physical Activity Tip Sheets

Check the goals you want to work on for the next contact.



No matter what you do, you can find ways to be active longer and put more effort into what you do—in other words, more minutes and more umph!

For exercise ideas, look at our online *Exercise Module*, which can be found with other *New Leaf* intervention materials at www.wiseinterventions.org. If you do not have access to a computer or the Internet, you can ask your health counselor for a copy of the *Exercise Module*. *Note: If you have a health condition, an old injury, or you have not been active in a while, talk with your doctor first about what level and kinds of activities are safe for you.*



Work Tips

1.

goal

When you work (for pay or as a volunteer), look for ways to keep active and put some extra moves into your daily routine.

- ❖ If you sit a lot at work, try to get up and move every hour or two. You can:
 - stretch at your desk or march in place
 - walk up and down stairs, deliver a message, or pick up supplies... get moving!
- ❖ Use breaks or part of lunch to walk for 10 minutes—it's energizing and every step adds up!
- ❖ If you work on a line where you stand a lot, try walking in place or moving your arms. Moving on the line also reduces stress.
- ❖ If you're stressed, take 5-10 deep breaths and sit up as tall as you can.



TV and Seated Hobby Tips

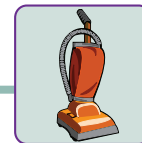
2.

goal

When you are doing seated activities, be a chair exerciser and stretch your body while you stretch your mind.

- ❖ Watch less TV—only watch shows you really have to see. You'll have lots more free time!
- ❖ When you watch TV, get moving, too:
 - Use an exercise DVD or video for a few minutes before you watch any other TV.
 - You can get in 10 minutes of movement during commercials for a 1-hour show.
 - Do chair exercises or a few quick stretches.
- ❖ Take exercise breaks while you use a computer, do hobbies, or play games; or walk around while you talk on the phone.
- ❖ Do leg and foot exercises while you're reading or knitting. Or take a quick walk after you finish a chapter or a section of knitting.

Household Chore Tips



3. **When you do household chores, think about ways to move and make your chores do double duty!**

goal

- ❖ Scrub a little harder and longer—you'll sneak in more activity and your house will be cleaner, too.
- ❖ Help friends or family by doing a chore like taking out the garbage.
- ❖ Put music on and turn cleaning into dance time!
- ❖ Make several trips up the stairs.

Child and Elder Care Tips



4. **When you do child care or elder care, choose to be more active and, if you have to stay put, add some umph!**

goal

- ❖ Play active games with children—nobody knows better how to burn energy!
- ❖ Go for long walks or strolls with children, or take elders in a wheelchair. Push and walk briskly for at least 10 minutes—and try for a total of 30 minutes each day.
- ❖ If you do a lot of sitting and watching, do some stretch band exercises.
- ❖ Try chair exercises or do some stretching.

Yardwork and Gardening Tips



5. **Remember that yardwork, gardening, and home repair lead to good health—especially if you do them the old-fashioned way!**

goal

- ❖ Spend some extra time gardening.
- ❖ The old saying that “wood warms you twice” means chopping or cutting wood is a good way to get more activity.
- ❖ Raking leaves or hoeing for 10 minutes without stopping is a good workout.
- ❖ Save your money and your health—use a push mower instead of a riding mower.
- ❖ Don't use a sprinkler—walk around with the hose or watering can instead. You'll see more of your neighbors, too.

Church and Social Group Tips



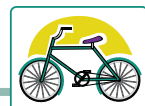
6.

goal

During church or social activities, feel good about yourself in more ways than one, and get into it!

- ❖ Organize a walking group with your church or social club. It's more fun with a group and better for everyone.
- ❖ Help set up and clean up for group events.
- ❖ If you sing in the choir, move to the music!
- ❖ Join an outdoor or gardening club to become more active and meet new people.
- ❖ Try a social dancing club—have fun and get a good workout!

Walking or Bicycling for Transportation Tips



7.

goal

Walk or bike to get to where you need to go more often, and walk or pedal briskly.

- ❖ Use the stairs instead of the elevator.
- ❖ Do errands or visit people on foot.
- ❖ When someone offers you a ride, say “No thank you, I’d rather walk” whenever it’s possible and safe to do so.
- ❖ If you drive, park in the farthest safe parking spot instead of the closest; if you take the bus, get off one stop early (as long as it’s in a safe place).
- ❖ Give your dog a nice long walk, or your child or grandchild a brisk stroller ride—aim for at least 20-30 minutes.
- ❖ If your children are in school, walk or bicycle to or from school with them. You’ll set a good example by showing your kids healthy habits.
- ❖ Go bicycling with your family—it’s a great way to be active together!
- ❖ Check your walking pace:
 - If you can sing a song as you stroll along—walk a little faster.
 - If you can’t talk when you walk—slow down a little and catch your breath.
- ❖ Swing your arms while you walk to put more umph into it!
- ❖ Don’t avoid the hills. Start with small hills and work up to steeper ones over time.
- ❖ Set up a reminder for yourself, like putting your walking shoes by the front door.

Exercise and Sports Tips

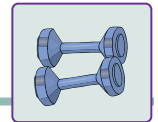


8. When you exercise or do sports, spend more time doing whatever you like to do—or step up the pace!

goal

- ❖ Try activities or sports such as brisk walking, jogging, swimming laps, bicycling, dancing, tennis, or softball.
- ❖ Do chair exercises or water aerobics—choose the level that’s right for you and keep it up for 10 minutes or more.
- ❖ Be active a little **longer**: Add 3 minutes to each workout for one week, then add 3 more minutes the next week.
- ❖ Work a little **harder**. As part of your usual workout, try this:
 - Increase your pace for 1 minute (fast), then slow to your usual pace for 2 minutes, then increase the pace for another minute (fast).
 - Repeat the fast-slow-fast pattern 4 times the first week.
 - Repeat the fast-slow-fast pattern 5 times the next week, and so on, until you are doing 16-20 “fast” minutes.
- ❖ Drink lots of water.

Strength Training Tips



9. When you do strength training exercises, start slow and work up to more.

goal

- ❖ Do exercises at home using stretch bands, weights, or on your own.
- ❖ You may want to start with 6–8 repetitions and add 2 more each week.
- ❖ If you belong to a gym, ask a trainer to help you set up a strength training program and show you how to do the exercises correctly.

Stretching Tips



10. When you do stretching exercises, take your time and enjoy the stretch—stretching should NEVER hurt.

goal

- ❖ You can do stretching exercises while standing, sitting, or even lying down.
- ❖ Try this gentle leg stretch:
 - Lie flat on your back with your knees bent.
 - Loop a towel or belt around one foot, hold onto each end of the towel, then slowly straighten your knee until you feel a gentle, comfortable stretch.
 - Hold the stretch for 5-10 deep breaths (about 15-30 seconds).
- ❖ Do shoulder shrugs:
 - Sit in a chair and let your arms drop by your sides.
 - Lift your shoulders up towards your ears, pause, then gently let your shoulders drop.
 - Repeat 10 times.

What Makes It Hard to Keep Active? (Assessment)



Being physically active includes **everyday activities**—like cleaning house, raking the yard, grocery shopping, gardening, or walking to the bus stop. Being active can also include **exercise activities**—like walking, swimming, lifting weights, or aerobics. But sometimes it can be hard to be active.

For each of the following statements, please pick the answer that best describes you.

1. After a full day's work, it's hard to find the energy to do any kind of extra activity.

not at all like me

a little like me

a lot like me

2. Being overweight makes it hard for me to be more active.

not at all like me

a little like me

a lot like me

3. When my heart beats faster or I get out of breath, I get anxious and worry about overdoing it.

not at all like me

a little like me

a lot like me

4. With all the things I have to do and take care of, finding time for more physical activity is low on my list of things to do.

not at all like me

a little like me

a lot like me

5. Because I have a health condition, I am concerned that physical activity may do me more harm than good.

not at all like me

a little like me

a lot like me

6. I would be more physically active if the activities I wanted to do didn't cost so much.

not at all like me

a little like me

a lot like me

7. Every time I try to become more active, I get sore and uncomfortable and feel like quitting.		
<input type="checkbox"/> not at all like me	<input type="checkbox"/> a little like me	<input type="checkbox"/> a lot like me
8. Most physical activities are just plain boring, so it's hard to make myself do anything.		
<input type="checkbox"/> not at all like me	<input type="checkbox"/> a little like me	<input type="checkbox"/> a lot like me
9. Most of my friends and family members are not physically active, and it's hard for me to be active on my own.		
<input type="checkbox"/> not at all like me	<input type="checkbox"/> a little like me	<input type="checkbox"/> a lot like me
10. I do pretty well with starting a physical activity program, but the hardest part is sticking with it for a long time.		
<input type="checkbox"/> not at all like me	<input type="checkbox"/> a little like me	<input type="checkbox"/> a lot like me
11. When the weather is bad, I get less physical activity.		
<input type="checkbox"/> not at all like me	<input type="checkbox"/> a little like me	<input type="checkbox"/> a lot like me
12. Sometimes I avoid physical activity because I don't want to sweat or mess up my hair.		
<input type="checkbox"/> not at all like me	<input type="checkbox"/> a little like me	<input type="checkbox"/> a lot like me

See Being More Active, page C-15.

Being More Active (Tip Sheets)



Check the goals you want to work on for the next contact.

2.	4.
goal	goal
✓	✓

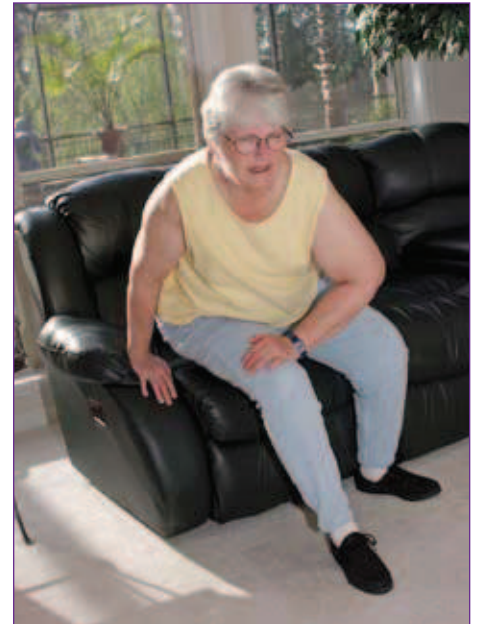
For exercise ideas, look at our online *Exercise Module*, which can be found with other *New Leaf* intervention materials at www.wiseinterventions.org. If you do not have access to a computer or the Internet, you can ask your health counselor for a copy of the *Exercise Module*.

1.

goal

Plan activities that you can enjoy even with a busy schedule.

- ❖ When you are tired out by life's stresses and strains, take a few minutes for a walk or some active stretching to clear your head and refresh yourself.
- ❖ If you spend the day doing tiring work, a fun activity like walking with a friend, dancing, or your favorite active sport or hobby can give you energy.
- ❖ Take a break by using the stairs instead of the elevator.
- ❖ Put more umph into what you already do each day.



2.

goal

Don't let your weight stop you from moving.

- ❖ If you are self-conscious exercising:
 - You don't have to wear tights or a stretchy bodysuit to get a good workout!
 - Find a walking partner.
 - Exercise while you watch TV or listen to music at home.
- ❖ Start with just a few changes and add more activity to your life over time.
- ❖ Pick walking or another activity and build up slowly. Every step counts!
- ❖ Remember—it's easier to lose pounds if you're active.

3.

goal

Start slowly and work up to more activity.

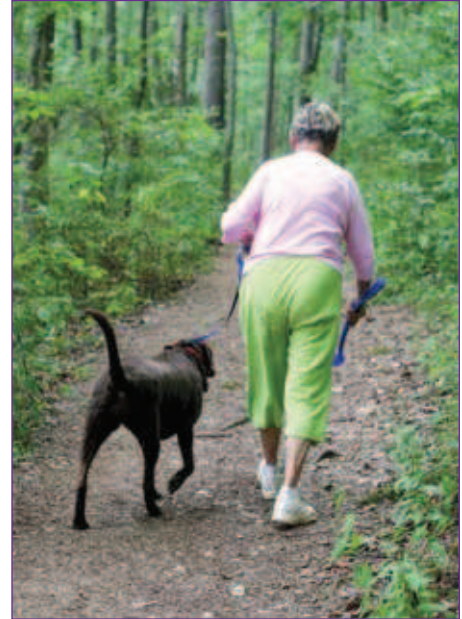
- ❖ Being active doesn't mean running marathons! Work your way up to a level that is comfortable for **you**. If you feel uncomfortable, slow down.
- ❖ Set goals that you can reach.
- ❖ Regular activity strengthens your heart so it doesn't have to work so hard.
- ❖ As you get in better shape you'll feel less out of breath.
- ❖ Avoid injuries by warming up slowly—pace yourself.
- ❖ Smoking and extra weight can make you feel winded or cause your heart to beat faster.

4.

goal

Put physical activity high on your “to-do” list.

- ❖ During your daily work or chores, put a little more umph into what you do—you won’t need to set aside extra time to exercise at the end of the day.
- ❖ Three 10-minute blocks of moderate activity during the day almost every day can do you as much good as 30 minutes of activity all at once.
- ❖ People who spend at least 30 minutes a day being active enough to breathe a little harder are less likely to have:
 - heart attacks
 - weight problems
 - cancer
 - high blood pressure
 - diabetes
 - brittle bones (osteoporosis)
- ❖ Tell your family and friends that being active is important to you—ask them to help you make time.
- ❖ People who depend on you need you to be healthy!

**5.**

goal

Being active is the answer.

- ❖ For people with most health conditions, being physically active usually does the body more good than harm.
- ❖ Being more active is safe for most people.
- ❖ Wear comfortable shoes and drink plenty of water when you are physically active.
- ❖ If you are worried about safety, see *General Safety Tips*, page D-13 for more suggestions.

6.

goal

You don’t have to spend lots of money to be active.

- ❖ Walk in a shopping mall, around your neighborhood, or at the local high school track. You don’t need a health club membership.
- ❖ Walk when you can, instead of driving, and save the money you would spend on gas.
- ❖ If you spend any money on physical activity, spend it on a comfortable pair of walking shoes that fit you well.
- ❖ Talk to a foot doctor about finding the right shoes if you have problems with your feet.
- ❖ If you decide you need it, look for used exercise equipment in good shape at thrift shops and yard sales.

7.

goal

Don’t get “sore” about a few aches and pains.

- ❖ The first few times you move in a new way you may feel a little sore, but after that you will feel better and better.
- ❖ You’re less likely to get sore if you start slowly and warm up.
- ❖ Try swimming or water exercises.
- ❖ If you are overweight, losing a few pounds can help with aches and pains.

8.

goal

Don't do the same old thing—try something new!

- ❖ Being active is a way of living. Look for activities you enjoy, like walking with friends, gardening, or dancing. Music makes anything more fun.
- ❖ Call your local Parks and Recreation office for new ideas.
- ❖ You don't have to do the same old boring thing. Choose activities that help you:
 - learn new things
 - meet new people
 - explore new places

9.

goal

Get your friends and family to join you.

- ❖ Some activities are more fun if you have company:
 - ask a friend to be your walking partner
 - start a new activity with family or friends
- ❖ Other things are just as easy to do on your own:
 - put just a little more umph into everything you do
 - take a break and stretch when you're working around the house

**10.**

goal

Come up with tricks to help you stick with it.

- ❖ Pick activities you really enjoy!
- ❖ Set simple goals and work up slowly. Reward yourself when you stick to your goals.
- ❖ Put up notes or bright stickers at home or work to remind you to keep active.
- ❖ Find a walking buddy—you will not want to let your buddy down if you know she is counting on you.
- ❖ Instead of trying to add extra activities to a busy schedule, make work time (at home or on the job) work for you:
 - look for chances to move a little more or a little faster
 - at break or lunchtime, go for a quick walk
- ❖ The goal is to “get moving”—it doesn't matter how you do it!

11.

goal

Don't let bad weather slow you down.

- ❖ There are many ways to be active at home:
 - If you have steps—take a few extra trips
 - If you don't have much room, you can run or march in place or do simple exercises
- ❖ Grab an umbrella and a friend and go for a walk in the rain, or walk at the mall.
- ❖ After a brisk walk in cold weather, treat yourself to a nice hot cup of coffee or tea.
- ❖ If the weather is cold, dress warmly—wear layers and a hat and gloves.
- ❖ If it's hot, swim, take a brisk walk in an air-conditioned building, or walk first thing in the morning or in the evening in a well-lit area.
- ❖ If you are active outside in the heat, drink plenty of water.

12.

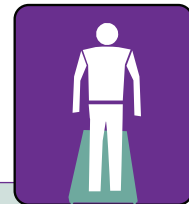
goal

You can be physically active and attractive.

- ❖ Keep a small bag of toiletries (deodorant, hair spray, wipes, and other essentials) in your car, desk, or break room.
- ❖ If you walk or exercise at work, go to the ladies' room for a little "touch-up" afterwards.
- ❖ If it's hot and you are worried about sweating, go for a walk in a mall or another spot that is air-conditioned.
- ❖ Most water aerobics classes don't expect you to get your hair wet—to make sure your hair doesn't get wet, you can even wear a shower cap or swim cap.



What Limits Your Activity? (Assessment)



Would you say that the following physical concerns are no problem, somewhat of a problem, or a severe problem?

1. Ability to walk (permanent walking disability)

No problem

Somewhat of a problem

A severe problem
(wheelchair bound)

2. Ability to use your arms (permanent upper body disability)

No problem

Somewhat of a problem

A severe problem

3. Arthritis

No problem

Somewhat of a problem

A severe problem

4. Painful tingling, numbness, or loss of feeling in your hands or feet

No problem

Somewhat of a problem

A severe problem

5. Breathing problems (such as asthma or emphysema)

No problem

Somewhat of a problem

A severe problem

6. Balance problems or frequent falls

No problem

Somewhat of a problem

A severe problem

By yourself (without help from another person or special equipment), how much difficulty do you have:

7. Raising your arms over your head

Little or no difficulty

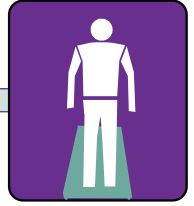
Some difficulty

A lot of difficulty or
unable to do

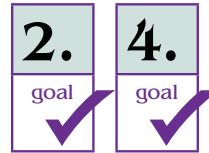
8. Turning your head to look behind you		
<input type="checkbox"/> Little or no difficulty	<input type="checkbox"/> Some difficulty	<input type="checkbox"/> A lot of difficulty or unable to do
9. Lifting or carrying something as heavy as 10 lbs (like a bag of groceries)		
<input type="checkbox"/> Little or no difficulty	<input type="checkbox"/> Some difficulty	<input type="checkbox"/> A lot of difficulty or unable to do
10. Using your fingers to grasp or handle things		
<input type="checkbox"/> Little or no difficulty	<input type="checkbox"/> Some difficulty	<input type="checkbox"/> A lot of difficulty or unable to do
11. Stooping, crouching, or kneeling		
<input type="checkbox"/> Little or no difficulty	<input type="checkbox"/> Some difficulty	<input type="checkbox"/> A lot of difficulty or unable to do
12. Climbing a short flight of stairs		
<input type="checkbox"/> Little or no difficulty	<input type="checkbox"/> Some difficulty	<input type="checkbox"/> A lot of difficulty or unable to do
13. Walking across a small room		
<input type="checkbox"/> Little or no difficulty	<input type="checkbox"/> Some difficulty	<input type="checkbox"/> A lot of difficulty or unable to do
14. Walking for a quarter of a mile (about 2-3 blocks)		
<input type="checkbox"/> Little or no difficulty	<input type="checkbox"/> Some difficulty	<input type="checkbox"/> A lot of difficulty or unable to do

See Being Active with Physical Limitations, page C-21.

Being Active with Physical Limitations (Tip Sheets)



Check the goals you want to work on for the next contact.



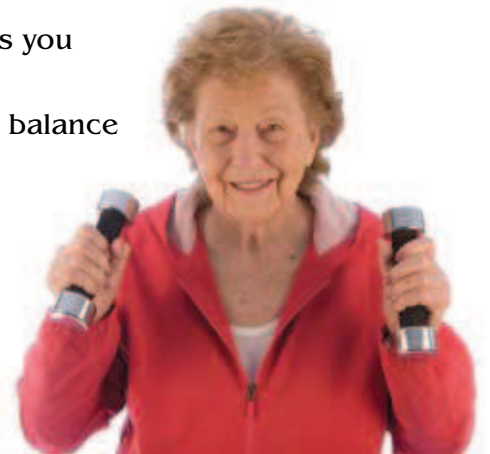
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1.

goal

Exercise even if you have trouble with your legs.

- ❖ Upper body chair exercises can strengthen the muscles you need for using a cane, crutches or a wheelchair.
- ❖ Lower body chair exercises can help you improve your balance and make it easier to get out of wheelchairs.
- ❖ Do the activities you may have learned in physical therapy.



2.

goal

Exercise even if you have trouble with your arms.

- ❖ Upper body chair exercises can strengthen your arm muscles.
- ❖ Do the activities you may have learned in physical therapy.

3.

goal

Don't let arthritis get you down!

- ❖ To help joint movement and make your joints feel less stiff, do stretching exercises on most days of the week.
- ❖ Stretches and exercises are best when your muscles and joints are warm. Try stretching after doing the dishes, taking a warm bath or after a walk.

4.

goal

Take care of numb or tingly feet or hands.

- ❖ Never walk barefoot.
- ❖ Keep your feet and hands warm.
- ❖ Use potholders when handling warm foods.
- ❖ Use tools with thicker grips to help you hold them easily.
- ❖ See *Foot Care*, page G-11.

5.

goal

Manage your breathing problems.

- ❖ Break your activity into 5- and 10-minute blocks of time. Rest in between if you need to, then try to do a few minutes more.
- ❖ Wait an hour after eating before you exercise.
- ❖ Try being active soon after taking your breathing medicine.

6.

goal

Prevent falls.

- ❖ Be sure that stairwells and halls are well lit.
- ❖ Take your time on steps and curbs. Look at the steps.
- ❖ On icy days, walk with a friend or do indoor activities.
- ❖ Put nonskid backing on rugs.
- ❖ If reaching makes you dizzy, put things on low shelves.
- ❖ Strength training and stretching exercises will help your balance. Walking and strength training will strengthen your bones.
- ❖ See *Prevent Falls*, page H-5.

7.

goal

Work on upper body stretches.

- ❖ Upper body stretches can make it easier to do everyday activities like reaching for things, getting dressed and doing household chores.
- ❖ Do upper body exercises.

8.

goal

Work on neck flexibility.

- ❖ Neck flexibility makes it easier to do everyday activities like turning your head.
- ❖ Do gentle neck exercises.

9.

goal

Do exercises that slowly increase your upper body strength.

- ❖ Use a stretch band looped around a heavy object like a table leg.
- ❖ Do upper body chair exercises.
- ❖ You can find good quality second-hand weights at some sporting goods stores.



10.

goal

Get a grip!

- ❖ Squeeze a soft ball to improve the strength of your grip.
- ❖ Use special equipment to help open jars or grasp things.
- ❖ Use foam rubber and tape to build up handles on your tools.

11.

goal

Protect your back and leg muscles.

- ❖ Good leg and lower back flexibility can help you prevent back injuries and reduce muscle soreness.
- ❖ Use raised garden beds or long-handled tools.
- ❖ Bend your knees and not your back when lifting.
- ❖ Try back stretches or lower body chair exercises.

12.

goal

Do exercises that slowly increase your lower body strength.

- ❖ Strong muscles can help prevent pain and injury.
- ❖ Climb stairs, a few at a time, to increase leg strength.
- ❖ Do stretch band exercises or lower body chair exercises.

13.

goal

Do a little more every day.

- ❖ Move more—movement gets oxygen to your muscles.
- ❖ Do activities that use large muscles—try walking or vacuuming.

14.

goal

Work up slowly to walking more.

- ❖ Build up! Start with 5-10 minutes of walking at one time, and increase by 2-3 minutes every few days, until you can comfortably do 30 minutes.
- ❖ Movement helps your muscles get oxygen.



Section D

Keeping Active



Becoming More Active

Why is physical activity so important?

Physical activity is important for everyone. Regular physical activity can help you live healthier and feel better.

Living healthier...

Regular physical activity can:

- ❖ improve your blood pressure and cholesterol
- ❖ lower your risk of developing heart disease, cancer, and diabetes
- ❖ help you lose weight or stay at a healthy weight
- ❖ relieve stress

Feeling better...

When you are regularly active, you also may find that you:

- ❖ have more energy
- ❖ sleep better
- ❖ have less lower back pain



What types of physical activity should I do?

Health experts recommend doing different types of physical activity, including:

- ❖ **moderate** or **vigorous intensity** activities,
- ❖ **strength training**, and
- ❖ **stretching** exercises.

No one activity will give you all the benefits of physical activity. It is important to include as many types as you can (see *Types of Physical Activity*, page D-3). Moderate intensity activities are safe for most people. If you have a health condition or an old injury, talk with your doctor first about what level and kinds of activities are safe for you. (Also see *General Safety Tips* on page D-13.)

For exercise ideas, look at our online *Exercise Module*, which can be found with other *New Leaf* intervention materials at www.wiseinterventions.org. If you do not have access to a computer or the Internet, you can ask your health counselor for a copy of the *Exercise Module*.

Figure out your intensity level: Give yourself the “talk test”!

- ❖ If you can sing (or recite the whole pledge of allegiance) while you are doing the activity, then your activity level is **light** or **mild**.
- ❖ When you do **moderate-intensity** activities, you should be able to talk (but not sing).
- ❖ When you do **vigorous-intensity** activities, you should be too out of breath to say more than 3 to 4 words at a time.

Tips for comfortable and safe physical activity

Moderate intensity activities:

- ❖ If you can't set aside 30 minutes all at once, do 10 minutes at a time until it adds up to 30 minutes in one day.
- ❖ The more muscles you move, the more energy you burn!

Vigorous intensity activities:

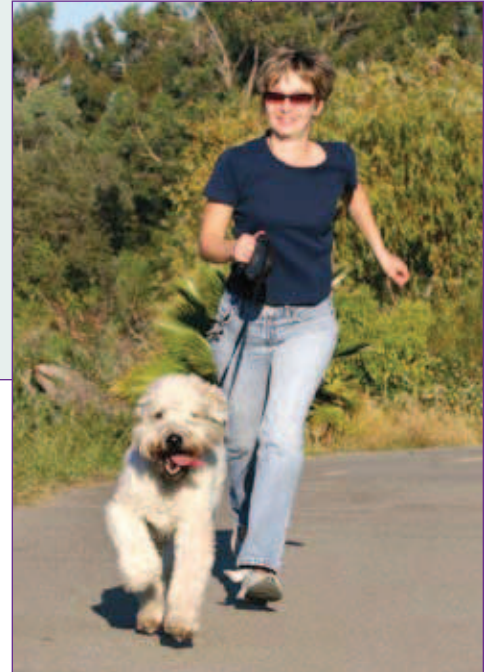
- ❖ You should work hard enough that you can only talk in very short sentences.

Strength training exercises:

- ❖ Many exercises can be done in your home.
- ❖ Allow one to two days in between strength training workouts.

Stretching exercises:

- ❖ A good time to stretch is right after you walk or work out, when your muscles are warmed up.
- ❖ Many stretching exercises take only a few minutes and can easily be done at home or in a chair.
- ❖ Always breathe deeply while you stretch (don't hold your breath).
- ❖ Hold each stretch for at least 15-30 seconds, relax, and then repeat 1-2 more times. No bouncing!
- ❖ Stretches should be gentle—they should never hurt! If you feel any discomfort, ease up on the stretch until it feels comfortable.
- ❖ If you work at a job where you do the same movements over and over (like working on a line or typing), ask your doctor about stretching exercises, or ask an instructor at your YMCA or gym to show you some good stretches.



Types of Physical Activity

Examples	What impact or benefits?	How often?	How long?
<p>Moderate intensity</p> <ul style="list-style-type: none"> ❖ sweeping ❖ raking ❖ brisk walking ❖ bicycling ❖ dancing ❖ pushing a stroller 	<ul style="list-style-type: none"> ❖ Make your heart work a little harder ❖ Improve heart health ❖ Use large muscle groups (like the muscles in your legs) ❖ Help with weight loss or keeping weight off 	5 or more days per week	At least 30 minutes per day
<p>Vigorous intensity</p> <ul style="list-style-type: none"> ❖ mopping ❖ heavy lifting ❖ chopping wood ❖ fast walking ❖ jogging ❖ fast bicycling ❖ swimming laps 	<ul style="list-style-type: none"> ❖ Make you breathe harder ❖ Improve heart health ❖ Challenge your muscles more ❖ Help with weight loss or keeping weight off 	3 or more days per week	At least 20 minutes per session
<p>Strength training exercises</p> <ul style="list-style-type: none"> ❖ stretch band ❖ lifting weights ❖ leg lifts, sit-ups, push-ups ❖ chair exercises 	<ul style="list-style-type: none"> ❖ Help keep your muscles strong ❖ Help protect your joints 	2-3 days per week	20-30 minutes per session
<p>Stretching exercises</p> <ul style="list-style-type: none"> ❖ stretches ❖ yoga ❖ chair exercises 	<ul style="list-style-type: none"> ❖ Help keep your muscles balanced ❖ Improve posture ❖ Reduce stress ❖ Can help protect you from injury 	3 or more days per week	15-20 minutes per session

Your Daily Routine

Make physical activity a part of what you do!

Regardless of your age, ability, or weight, physical activity can be part of your day. Look at the activities that you already do, and think about other activities that you can easily add to your day. Try to increase until you are doing at least 30 minutes of “moderate intensity” activity almost every day. If you have physical limitations such as diabetes or arthritis, you can do simple stretch band and chair exercises.

Remember:

- ❖ You can be active at home, at work, at church, at school, and in the community.
- ❖ You don't need to join an expensive club or buy special equipment and clothes to do healthy physical activities.
- ❖ You can find ways to work more activity into your normal routine.
- ❖ The activities that you do at home or at work may already count!

At home...

At home, you can get the job done while you move!
Remember this when you:

- ❖ mop the floor
- ❖ mow the yard
- ❖ walk the dog
- ❖ weed the garden
- ❖ wash the car
- ❖ stack firewood



At work...

You may work in a job that gives you a chance to be physically active. Some jobs that include moderate intensity activities are:

- ❖ housekeeper
- ❖ nurse's aide
- ❖ assembly line worker
- ❖ painter
- ❖ stock clerk
- ❖ sanitation worker
- ❖ construction worker

Out and about...

- ❖ Wherever you are, look for ways to be more active.
 - When you go to the store, park as far from the building as is safe and possible. Walking those few extra steps can add a little activity to your day.
 - When you have a choice, skip the elevator and take the stairs.
 - If where you're going is close enough and the weather is nice, walk instead of taking the car.
- ❖ You and your family members can plan fun activities that keep you moving:
 - take a brisk walk
 - dance
 - push a stroller
 - go for a nature hike
 - ride a bicycle
 - work in a garden
 - play sports (like softball or tennis)



Make it work!

- ❖ Figure out which activities you enjoy the most. Do what works for YOU.
- ❖ It doesn't matter where you are active or what you do—just get moving!
- ❖ Commit to moving **more**, every day and everywhere.

Walking: It's Easy!

If you want to become more physically active, try walking! Walking is one of the easiest and healthiest ways to be active. When you walk, keep these tips in mind:

Go for comfort...

- ❖ Wear comfortable clothes.
- ❖ Wear a pair of well-fitting shoes.
- ❖ Look for shoes that have a low heel and flexible sole.

Pace yourself...

- ❖ Start and end your walk at a slow warm-up and cool-down pace.
- ❖ Build up slowly. Head out the door, walk for 5 minutes, and walk back (total=10 minutes). Over time, add 5 minutes until you have reached your goal (see chart on next page).

Take care of your body...

- ❖ Walk tall. Hold your head up, and let your shoulders relax.
- ❖ Drink plenty of water before, during, and after walking.
- ❖ Stretch after your walk. This will help prevent injuries.
- ❖ If you have any health concerns or medical conditions, check with your doctor for advice before you begin a walking routine.

Share the fun...

- ❖ Find a regular walking partner.
- ❖ Walk with your family.

Try going for 10,000 steps!

- ❖ Wear a pedometer everywhere for a few days to check how many steps you are walking.
- ❖ Try adding 500-1000 steps every few days until you get close to 10,000 steps a day. Use the pedometer to track your progress.
- ❖ 10,000 steps are between 4 and 5 miles and will take at least 60 minutes of walking for most people.

How often, how long, and how fast should I walk?

Increasing the number of steps you take each day, and increasing your walking speed, can improve your health. Look at the chart below to figure out your personal health goals.

Health goals			
	How often?	How long?	How fast?
General health benefits	Most days	30+ minutes/day	“Talking” pace (you can still have a conversation)
Strong heart	3-4 days/week	20-30 minutes/day	Fast pace (breathing hard but not gasping for air)
Weight loss	At least 5 days/week	60 minutes/day	Brisk pace (you can talk but not sing)



Stay Strong and Flexible

As you get older, it is important to keep your body strong and flexible, by doing strength training and stretching exercises regularly.

❖ **Strength training** can improve your:

- strength
- balance
- ability to do activities of daily living

❖ Regular **stretching** keeps your joints flexible. This can help you:

- move with more freedom and comfort
- prevent injuries
- reduce lower back pain
- more easily do day-to-day tasks like reaching in your cupboard and tying your shoes

For exercise ideas, look at our online *Exercise Module*, which can be found with other *New Leaf* intervention materials at www.wiseinterventions.org. If you do not have access to a computer or the Internet, you can ask your health counselor for a copy of the *Exercise Module*.

Strength Training Exercises

There are many types of strength training exercises. Pick exercises that work well for you and your lifestyle.

1. **Stretch band exercises** are a good way to strengthen your upper arms, chest, legs, and hips. These muscles support your bones and protect your joints. You can do the exercises at home—all you need is a stretch band.
2. **Chair exercises** can help you work on strengthening when you have problems with balance or standing. They are also a good choice when you can't get out for a walk, are watching TV or listening to the radio, or are working at a desk for long periods of time.
3. You can use **weights** to do strength training exercises.
4. Strengthen your muscles by using **gravity** and your own body weight—no equipment required!

Stretch Band Safety Tips

- ❖ Use a bow or knot to tie the stretch band. Tie a half-bow and leave one long end for the loop. Always make sure that the knot is secure before exercising.
- ❖ Be careful when using the stretch band—sharp rings or nails can damage it.
- ❖ Try to keep the band from folding or wrinkling to keep it from hurting your hands.
- ❖ Don't store your stretch band in direct sunlight or it will get sticky and lose its stretch.
- ❖ The stretch band is not a toy! Keep it away from children so no one gets hurt.

Strength Training Do's and Don'ts

When you do strength training exercises, remember these do's and don'ts. (Also review the *General Safety Tips*, page D-13.)

Do:	Don't:
Do use your arms or legs to pull smoothly against the force of the stretched band or the weight. (Think "Pull-2-3, Relax-2-3" to make sure you don't lift too fast.)	Don't use quick, jerky motions.
Do move your arm or leg in its regular movement pattern.	Don't lock your joints.
Do breathe evenly while doing the exercises.	Don't hold your breath.
Do control your movements in both directions.	Don't do sloppy movements. When you feel too tired to control your movements, you've done enough—it's time to stop and move on to another exercise.

Stretching Exercises

There are lots of ways to stretch, including standing stretches, floor stretches, and chair exercises. Stretching should not hurt. Don't overdo it...always stretch within your own limits. To stretch safely, use these tips:

- ❖ If you have had physical problems or surgery, especially to joints or muscles, talk to your doctor before you start stretching. Try using the stretches that you learned in physical therapy.
- ❖ Relax while you stretch.
- ❖ Stretch with a steady stretch. In other words, hold the stretch for at least 15-30 seconds.
- ❖ Never bounce.
- ❖ Do not hold your breath.
- ❖ Don't stretch unless your muscles are warmed up.

To prevent muscle pulls and reduce soreness, **always warm up** before you stretch or start a physical activity. Try this:

Warm up ■■■▶ **Stretch** ■■■▶ **Main activity** ■■■▶ **Cool down** ■■■▶ **Stretch**

1. **Warm up** by doing 5 minutes of walking, marching in place, or pumping your arms back and forth.
2. Do a few gentle **stretches**.
3. Do your **main activity** (like walking, swimming, or bicycling).
4. To **cool down**, end your activity session with 5 minutes at a slow, relaxed pace.
5. Take 5-10 minutes to gently **stretch** the muscles you used; your muscles will already be warmed up.

Moving With Arthritis

Moving through arthritis pain

Rest is important when you have an arthritis flare-up that causes red and swollen joints. But don't let arthritis keep you from moving forever! A regular activity program may help lessen your pain (see *Arthritis Activity Program* in our online *Exercise Module*, which can be found with other *New Leaf* intervention materials at www.wiseinterventions.org, and *Arthritis Safety Tips*, next page).

Protect your joints

There are easy ways to change how you use your body to ease stress on your joints and save energy.

Handle with care...

- ❖ If possible, rest objects in your hands when you carry things instead of gripping them by the edges.
- ❖ Use special tools like vegetable peelers, jar openers, or knives with thick rubber handles—these can make tasks like gardening or cooking a bit easier.
- ❖ Use two hands to lift a heavy object with a handle.
- ❖ Use more muscles to do the job. For example, don't push open a heavy glass door with your hands. Lean into it with your shoulder.

Ease the burden...

- ❖ Spread the weight of an object over several joints.
- ❖ Set things up to make it easier to do your favorite activities— if you have a garden, put plants in raised beds or install a window greenhouse to limit bending.
- ❖ Lie down or put your feet up if you need to during the day. But don't stop activity longer than necessary. You may lose strength and flexibility!



Pick the right activities...

- ❖ Talk to your doctor or physical therapist about the types of movement that are best for you.
- ❖ Jogging and jumping can hurt your joints and make your arthritis pain worse.
- ❖ Low-impact activities such as brisk walking (see *Walking: It's Easy!*, page D-7), water aerobics or swimming, and strength training and stretching exercises are better.

Arthritis safety tips

- ❖ Move with slow steady movement. Don't jerk or bounce.
- ❖ Don't hold your breath.
- ❖ Don't exercise on days when your joints are tender, injured, or red and swollen.
- ❖ If you feel joint pain, stop. Pain that continues two hours or more after the activity may mean you've done too much.
- ❖ Break up the activity over the day, move at an easier energy level, or change the movement.
- ❖ If your arthritis is worse than usual, decrease your level of physical activity and ask your doctor for advice about pain medicines. A cold or warm pack can help too (see *Applying Cold and Heat* below).
- ❖ If the pain is much worse than usual, especially at one joint, and if it lasts for more than two days, contact your doctor. Contact your doctor sooner if you have fever and chills.

Applying Cold and Heat

- ❖ If you have a flare-up, a cold pack can reduce the pain in the first day or two.
- ❖ Make your own cold pack: Fill a plastic bag with ice and then put the bag in a towel. Don't put ice directly on your skin!
- ❖ Apply a cold pack several times a day, but for no more than ten minutes at a time.
- ❖ After the pain goes away, a warm pack or a warm shower can relax the muscles around a joint.
- ❖ Limit each heat application to ten minutes.



General Safety Tips

With a few simple tips, you can safely enjoy different physical activities, even if you have a physical limitation or medical condition.

If you are overweight...

- ❖ Try activities where you don't need to carry your body weight (like water exercises or bicycling).
- ❖ Avoid injury by wearing well-fitting shoes with lots of cushion.
- ❖ Build up your strength slowly.
- ❖ Burn more calories by gradually increasing your activity level for up to an hour. Pick an activity you can do for a longer time, like biking or walking.

If you are being treated for high blood pressure...

- ❖ Drink lots of water. Some blood pressure medicines can “dry you up.”
- ❖ Do activities that use repeating motions—like raking or walking.
- ❖ Avoid activities that require tightening muscles for a long time—like gripping and pushing against heavy objects.
- ❖ Don't grunt or hold your breath when you move.
- ❖ Always remember to take your blood pressure medicine.



If you have heart disease...

- ❖ Warm up your body and heart by starting at a slow pace. Slowly increase your activity until you reach a comfortable pace.
- ❖ If you feel short of breath or have chest pain, STOP! Heart pain may feel like indigestion or may be felt in your neck, jaw or shoulder.
- ❖ Talk with your doctor about your physical activity plans. Make sure your family knows what to do in case of an emergency.
- ❖ Always take the heart medicines your doctor has prescribed.

If you have bone, joint or tendon problems...

- ❖ Non-weight-bearing activities like chair and water exercises may be best.
- ❖ Stay away from activities that are hard on your joints like running, jogging or jumping jacks.
- ❖ Take rests between activities.

Remember:

- ❖ You can usually avoid injuries by warming up before you begin (see *Stay Strong and Flexible*, page D-9).
- ❖ Take it easy if you don't feel well. You can be active without overdoing it.
- ❖ If you faint easily or if you have low blood pressure, do not suddenly move from a sitting to a standing position.
- ❖ If you injure yourself, know what to do (see **R-I-C-E** below).

Self-care for Injuries: **R-I-C-E**

Rest: Stop what you are doing and let the injured area rest.

Ice: Put an ice pack on your injury right away. You should do this for 15-20 minutes several times a day.

Compression: Use an elastic bandage to wrap the injury and keep the swelling down. Be careful not to wrap too tight!

Elevation: Raise the injured area higher than your heart. This will help to keep it from swelling.

Note: If the injury is serious, or lasts for more than a few days, see your doctor.



Helping Others Become More Active

Physical activity is good for everyone

It can be easier to change to a more active lifestyle when you are active with others.

- ❖ Physical activity can help everyone to feel better and have more energy.
- ❖ Children will learn healthy activity habits early in life.
- ❖ If heart disease, diabetes or high blood pressure run in the family, being active can help everyone lower their risk.

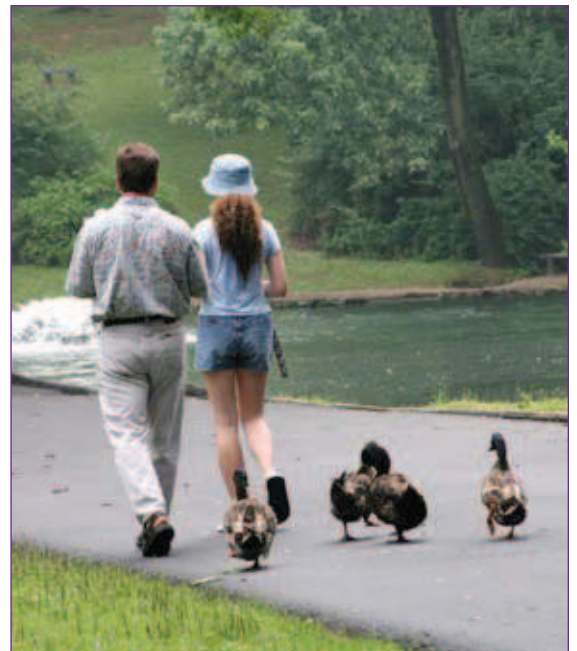
Use the following tips to help your family or friends make changes. Don't forget to be a good role model—put more activity into your own life, too!

Praise

- ❖ Praise is a great way to encourage people. Say “Way to go!” when your loved one gets involved in a physical activity.
- ❖ Don't expect instant results. It can take time to change to a more active lifestyle. Every step is important, so watch for small changes and cheer others on.

Give

- ❖ When your friend or family member decides to become more active, give all the support you can! Doing an activity with a friend is always more fun.
- ❖ Give a gift that helps a family member or friend be more active:
 - garden tools
 - plants for the yard
 - exercise DVDs or videos
 - a promise to walk together!



Help

- ❖ Go for a walk together instead of watching TV.
- ❖ Do a group activity that gets everyone out and moving.

Share

- ❖ Talk about ways that everyone can be more active.
- ❖ Share the work...doing a project together will help all of you get more exercise.

Plan

- ❖ Think up fun things to do that get your family moving.
- ❖ Plan things you can do together like walking, biking, washing the car, or playing ball.
- ❖ Don't let bad weather ruin your activity plans:
 - take a walk at a shopping mall
 - go to the park
 - clean the house

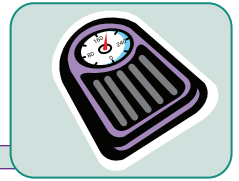


It's easier to make changes when you do it with others!

Weight Assessment and Tips



My Weight (Assessment)



Which of the following describes you?

- I know I need to lose weight but I'm not quite ready to start.
- I'm ready to lose weight and I need some help.
- I want to maintain my weight and I need some help.
- I can manage my weight on my own.

Check one box for each statement.

1. I eat when I am upset or stressed.

Hardly ever

Sometimes

Almost always

2. I skip meals.

Hardly ever

Sometimes

Almost always

3. I can't control how much I eat.

Hardly ever

Sometimes

Almost always

4. I feel guilty after eating.

Hardly ever

Sometimes

Almost always

5. I eat more than I should.

Hardly ever

Sometimes

Almost always

6. I snack on "junk" foods.

Hardly ever

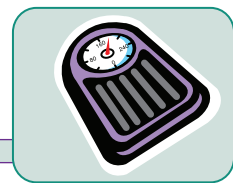
Sometimes

Almost always

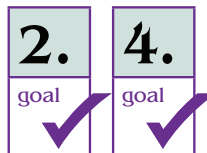
7. I have gained weight in the last 6-12 months.		
<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot
8a. I have tried to lose weight.		
<input type="checkbox"/> Never (go to question 9)	<input type="checkbox"/> Once or twice (go to question 8b)	<input type="checkbox"/> Many times (go to question 8b)
b. When I tried to lose weight, I:		
<input type="checkbox"/> Lost some weight and kept most of it off	<input type="checkbox"/> Lost some weight but gained it all back	<input type="checkbox"/> Did not lose any weight
9. I have lost weight without trying.		
<input type="checkbox"/> No	<input type="checkbox"/> Yes, a little weight	<input type="checkbox"/> Yes, a lot of weight
10. I spend a lot of time sitting each day (watching TV, working).		
<input type="checkbox"/> Rarely	<input type="checkbox"/> Most days	<input type="checkbox"/> Every day
11. I do about 60 minutes of physical activity (like brisk walking) on most days of the week.		
<input type="checkbox"/> Almost always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Hardly ever

See Healthy Weight Tip Sheets, page E-3.

Healthy Weight Tip Sheets



Check the goals you want to work on for the next contact.



1.

goal

Cut back on emotional eating.

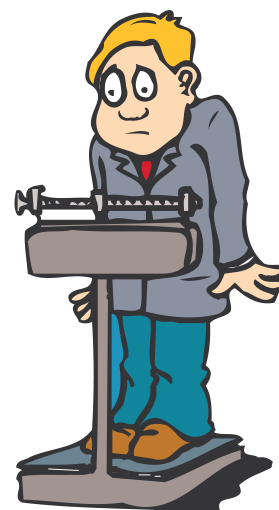
- ❖ Don't let strong feelings turn into weight gain.
- ❖ Figure out what your eating triggers are.
- ❖ Pay attention to how much and what you are eating.
- ❖ See *Thoughts, Feelings and Weight* (page F-15) for tips on how to break the stress and eating cycle!
- ❖ For other tips on problem-solving and dealing with stress, see *Got Problems?* (page J-5).

2.

goal

Don't skip meals.

- ❖ Skipping meals does not help you lose weight!
- ❖ Your body needs a certain amount of calories every day. If you skip a meal, you probably will snack or eat more later.
- ❖ Try to eat breakfast, lunch and dinner every day.



3.

goal

Understand binge eating.

- ❖ Most of us eat more than we need to (overeat) from time to time. When someone feels that they can't control their overeating, it is called binge eating.
- ❖ Binge eaters tend to:
 - eat an unusually large amount of food, even when they are not really hungry
 - eat more quickly than usual when binging
 - eat until they are uncomfortable
 - eat alone because they are embarrassed by how much they eat
 - feel badly about themselves (disgusted, depressed, or guilty)
 - gain weight
- ❖ If this describes you, you may have a problem with binge eating. To stop binge eating you must understand what feelings and situations make you overeat. See *Thoughts, Feelings and Weight* (page F-15).
- ❖ If you need more help, talk to a doctor.



4.

goal

Get rid of guilt.

- ❖ Feeling guilty about eating a “bad” food or eating too much isn’t helpful. Guilt is a type of negative thinking, and you can overcome it! (See *Negative Thoughts*, page F-17, for tips on stopping negative thinking.)
- ❖ Instead, make a list of the foods that you feel most guilty about eating.
 - Replace them with healthier foods or eat them less often and in smaller amounts.
 - Stop buying the foods that make you feel guilty. You can’t eat them if you don’t have them in the house!

5.

goal

Eat when you are hungry and stop eating when you’re full.

- ❖ Sit at a table to eat.
- ❖ Slow down! Eating slowly lets you enjoy your food and gives your brain a chance to figure out when you’re full.
- ❖ Put your fork down between most bites to help you slow down.
- ❖ Pay attention to portion size (see *How Much Can I Eat?*, page B-14).

**6.**

goal

Try healthy snacking instead.

- ❖ Snacking is not always a bad thing. It just depends on what the snack is!
- ❖ Prepare healthy snacks ahead of time and keep them handy when you’re on the go.
- ❖ Healthy snacks include raw vegetables, fruit, a small handful of nuts, or unbuttered popcorn. Look at snacks as a way to eat more fruits and vegetables!

7.

goal

Understand recent weight gain.

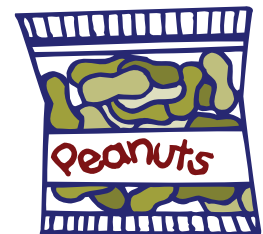
- ❖ Sometimes people gain weight in a short period of time because they are going through hard times (death, divorce, or job changes). They don’t have the time or energy to watch what they eat or to do regular physical activity.
- ❖ If you have gained weight because of stress, see *Thoughts, Feelings and Weight* (page F-15) and *Stress and Depression* (page J-1) for tips.
- ❖ Are you gaining weight because you are trying to quit smoking? Quitting smoking can be tough. See the *Smoking and Quitting Tip Sheets* (page I-3) for tips on how to quit smoking while controlling your weight.

8.

goal

Understand how weight loss works.

- ❖ If you have tried losing weight but weren’t able to keep it off, don’t feel bad! Most diets lead to some weight loss, but keeping the weight off is much harder.
- ❖ Think about when you tried to lose weight.
 - What worked and what didn’t work?
 - *A New Leaf* can help you keep weight off and have a healthy lifestyle. See the *Healthy Eating Tip Sheets* (page A-11), *Physical Activity Tip Sheets* (page C-9), and *A Healthy Weight* (page F-1).

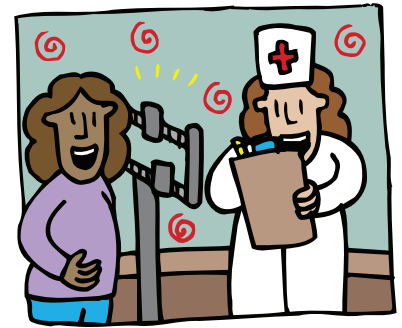


9.

goal

Think about whether you have lost weight without trying.

- ❖ If you recently have lost a lot of weight for no apparent reason and you feel weak or tired, talk to a doctor.
- ❖ Losing a lot of weight without trying can be a warning sign of a serious illness.



10.

goal

Be active while sitting.

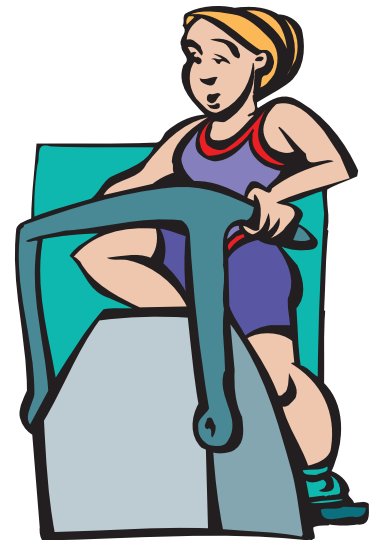
- ❖ If you spend a lot of time sitting, either watching TV or working at a desk, get more active!
- ❖ See *Keeping Active*, page D-1, for tips on how to be active even when you're sitting down.

11.

goal

Aim for 60 minutes of physical activity on most days.

- ❖ See *Becoming More Active* (page D-1) and *Your Daily Routine* (page D-5) for creative ways to add physical activity to your routine.
- ❖ If you already are physically active at least 30 minutes a day, give yourself a pat on the back!
- ❖ Now, why not try for 60 minutes a day? You will definitely see and feel the results!
- ❖ Physical activity not only can help you lose weight or stay at a healthy weight, it can:
 - improve your blood pressure and cholesterol
 - lower your risk of developing heart disease, cancer, and diabetes
 - relieve stress



A Healthy Weight



What Is A Healthy Weight?

Your weight can affect your health and the way you feel about yourself. How much you weigh mainly depends on your lifestyle and your genes. A **healthy** weight is a weight that does not create health or other problems for you.

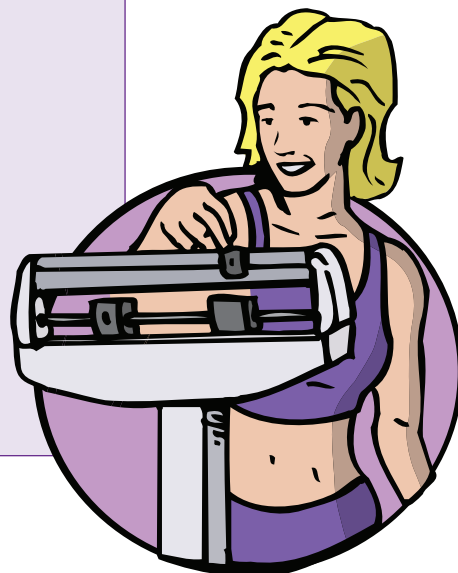
Many people think this means they need to be thin or skinny. But being as “skinny” as a fashion model may not be what is healthy for you. Not everyone can or should be thin. But with the right choices, everyone can be healthier.

Is my weight healthy?

Use the chart below to find the maximum weight that is healthy for your height.

MAXIMUM HEALTHY WEIGHT CHART

Height (ft, in)	Maximum Healthy Weight (lb)
5'0"	125
5'1"	125
5'2"	130
5'3"	135
5'4"	140
5'5"	145
5'6"	150
5'7"	155
5'8"	160
5'9"	165
5'10"	170
5'11"	175
6'0"	180



What is Body Mass Index (BMI)?

Body Mass Index (BMI) adjusts your weight for your height. The maximum healthy weights shown in the chart on page F-1 are based on BMI. The higher your BMI is, the greater your chances of heart disease, stroke, high blood pressure, diabetes, osteoarthritis, some cancers, and/or sudden death.

Do I have a healthy BMI?

With a calculator, it is easy to figure out your BMI. Use this simple formula (using pounds and inches).

$$\text{BMI} = \frac{\text{Your weight X 703}}{\text{Your height X your height}}$$



The example below shows the BMI for Sarah, who is 5'3" (63") and weighs 150 pounds.

Step 1: Multiply Sarah's weight by 703: $150 \times 703 = 105,450$

Step 2: Multiply Sarah's height (in inches) by itself: $63 \times 63 = 3,969$

Step 3: Divide 105,450 (Step 1) by 3,969 (Step 2): $105,450 \div 3,969 = 26.56$

Step 4: Round up the number in Step 3: Sarah's BMI is **27** (overweight).

What does my BMI mean?

You are **underweight** if you have a BMI **less than 18**.

- ❖ Take note! You have a lower chance of getting heart disease and diabetes, but being underweight can also be unhealthy.
- ❖ Talk to your doctor if you recently have lost a lot of weight without trying: sudden weight loss can be a warning that you have a health problem.

You are at a **healthy weight** if you have a BMI **between 18 and 24**.

- ❖ Good job! Your weight does not increase your chances of having heart disease and other related health problems.
- ❖ Talk to your doctor: your cholesterol and triglyceride levels, your blood pressure, and your family history may still increase your chances of heart disease. Your doctor can help you figure out how to lower the risk.

You are **overweight** if you have a BMI **between 25 and 29**.

- ❖ Attention! Your weight increases your chances of having health problems such as heart disease, diabetes, stroke, osteoarthritis, and some cancers.
- ❖ Make eating well and being active part of your daily routine: you can get back to a healthy weight and live life to the fullest.

You are **obese** if you have a BMI of **30 or above**.

- ❖ Watch out! Your weight means you have a greater chance of getting heart disease, diabetes, stroke, osteoarthritis, and some cancers and/or you could die suddenly.
- ❖ Take steps now to change your lifestyle and lose weight: bringing your weight down can help you avoid serious health problems. Make eating well and being active part of your daily routine.

Bananas, Pears, and Apples

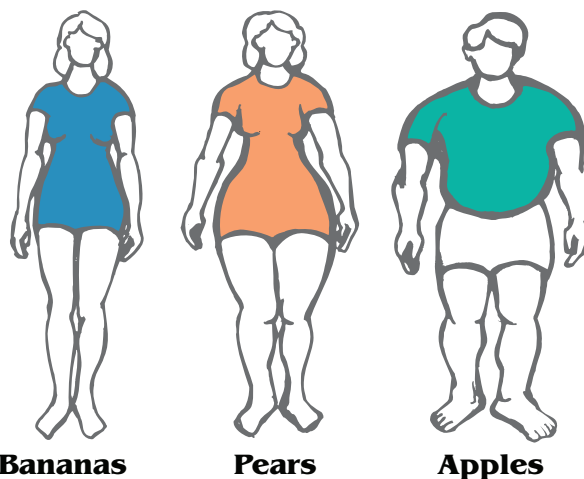
What are the three body shapes?

People are born with one of three basic body shapes: Bananas, Pears, and Apples.

Bananas are tall, thin and have low percent body fat. They may have trouble gaining weight or muscle.

Pears are larger at the bottom than the top. They have low to moderate body fat. They tend to gain and lose weight more easily.

Apples are larger on top than on the bottom. In other words, they have more weight around their waist and chest than in their hips. They tend to have big bones and medium to large percent body fat. They have a harder time losing weight.



What does my body shape have to do with my health?

Your health is not only affected by how much body fat you have, but by *where* it is. Apple-shaped people (with more fat around their waists) have a greater chance of having heart disease, diabetes, and other related diseases than people shaped like pears or bananas.

You can't change the basic body shape that you were born with. But that doesn't mean that you can't help prevent heart disease and other health problems. If you know your shape, you can stay healthy by eating healthier and being physically active. Apple-shaped people especially need to stay at a healthy weight.

What's MY body shape?

Look in the mirror. If you can't tell what shape you are, here's how to find out:

- ❖ Use a cloth tape measure. Wrap it around your waist, above your belly button. Write down the number in inches.
- ❖ Next, wrap the tape measure around the largest part of your hips. Write down the number in inches.
- ❖ Compare the two numbers:
 - Waist size greater than hip size = apple shape.
 - Waist size smaller than hip size = pear shape.
 - Waist, hips, and shoulders all about the same size = banana shape.
- ❖ If you have a waist size of more than **35 inches**, you may be more likely to have future health problems like type 2 diabetes, high blood pressure, and heart disease.

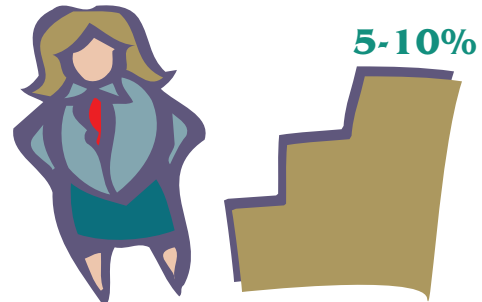
Getting Started

I am ready to lose weight. Where do I begin?

- ❖ Look at the *Maximum Healthy Weight* chart on page F-1. If you weigh more than the maximum healthy weight for your height, try to lose 5-10% of your body weight. (See the *Easy Math Chart* below.)
- ❖ For example, if you are 5'6" and you weigh 170 pounds, you could start by trying to lose 9-17 pounds.

Why 5-10%?

- ❖ Losing just 5-10% of your body weight can lower your chances of getting heart disease and diabetes.
- ❖ Losing 5-10% is a goal you can reach.
- ❖ Losing 5-10% can give you the confidence to lose even more.
- ❖ Best of all, it can help you feel better!

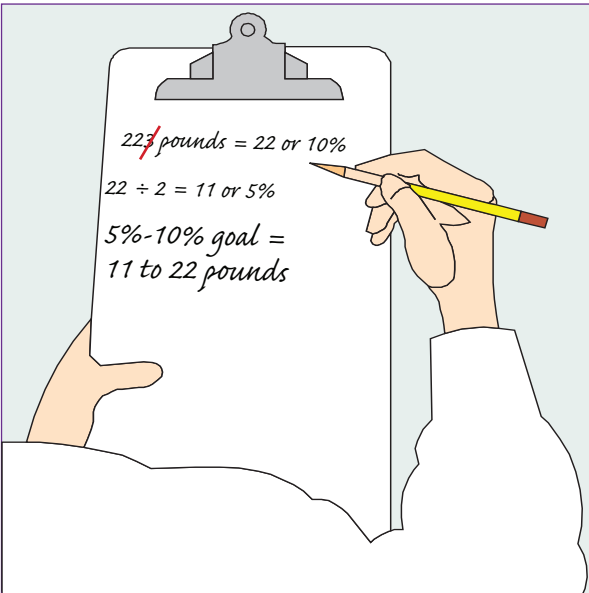


What if I want to lose more?

- ❖ If you want and need to lose more weight after losing 5-10%, go for it!
- ❖ Take things one step at a time. It's easier than trying to lose a lot of weight all at once.

How much should I lose each week?

- ❖ It's safe to lose 1-2 pounds a week. (That's about 4-8 pounds a month.)
- ❖ It's unhealthy to lose more than 2 pounds a week, and also harder to keep the weight off.



223 pounds = 22 or 10%
 $22 \div 2 = 11$ or 5%
5%-10% goal =
11 to 22 pounds

Easy Math Chart

To figure out **10%** of your current weight, take your weight and drop the last number:
~~223~~ pounds = 22 pounds

To figure out how much **5%** of your weight is, divide the 10% number by 2:
22 pounds \div 2 = 11 pounds

So if Sally weighs 220 pounds, her **5-10% goal** would be to **lose 11-22 pounds**.

Tip the Calorie Balance

When you eat food, you take in calories.

Calories in food come from fat, carbohydrates (starches and sugars), and protein. Alcohol also has calories. Fat and alcohol have the most calories per gram.

Calories measure the energy you use up or "burn."

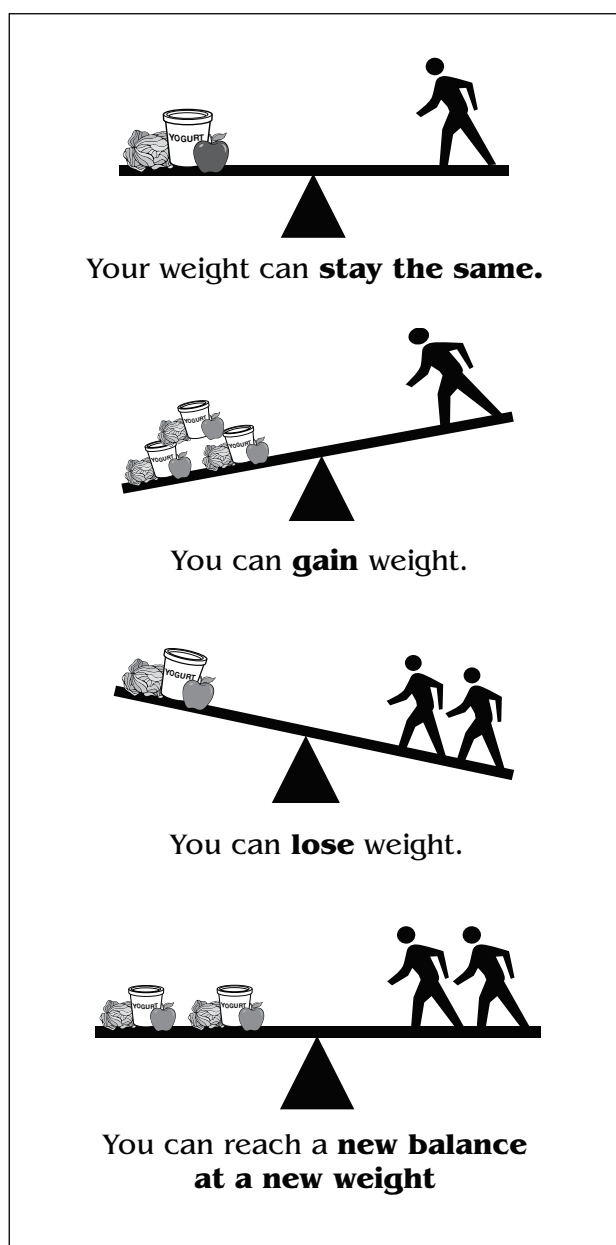
You use some calories just by breathing. You use even more calories when you are physically active. For example, one mile of brisk walking (15-20 minutes) burns about 100 calories.

Your weight is the balance between the calories (energy) you:

**Take in by eating, and
Use up by being active**

Remember:

- ❖ To lose weight, use more energy (by being more active) than you take in with the foods you eat.
- ❖ Slow, steady weight loss (1 or 2 pounds a week) is the best way to lose body fat.
- ❖ Make the changes part of your lifestyle...and you will keep the weight off.



Cutting 500 calories a day is as simple as 1, 2, 3!

- | | |
|--|-----------------------|
| 1. Drink water at lunchtime instead of a 12-oz can of soda. | - 140 calories |
| 2. Eat a medium apple (81 calories) for dessert instead of a fudge nut brownie (340 calories). | - 259 calories |
| 3. Take a 15-20 minute brisk walk after dinner. | - 100 calories |
| Total: | - 499 calories |

To lose:

1 pound per week

1 1/2 pounds per week

2 pounds per week

Tip the balance this much:

3,500 calories per week (or **500 each day** for 7 days)

5,250 calories per week (or **750 each day** for 7 days)

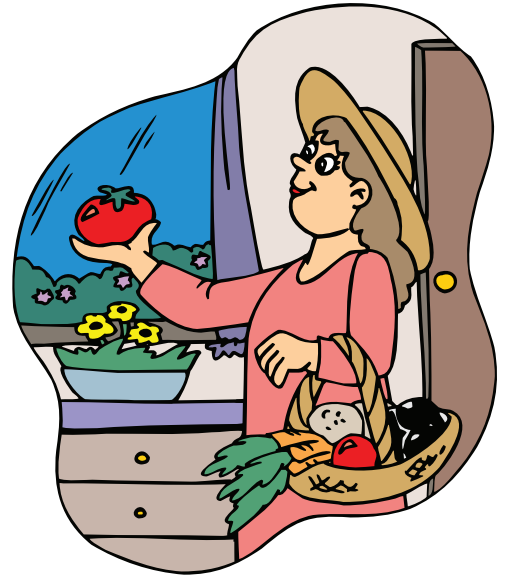
7,000 calories per week (or **1,000 each day** for 7 days)

See *Healthy Eating*, page B-1 for information on making healthy food choices.

Setting Goals

If you want to lose weight or control your weight, set the right goals and think SMART! Your goals should be:

1. **Specific:** Think about what activity you will do, and when or how you will do it. Setting a goal to “be more active” sounds good, but it is not specific.
2. **Measurable:** How will you know when you reach your goal? Instead of just planning to lose weight, decide how many pounds you would like to lose, and by when.
3. **Achievable:** Pick a goal that you know you can reach—don’t try to lose 20 pounds in one week. Remember, slow and steady wins the race!
4. **Realistic:** Don’t make your goal too hard. Is it realistic to decide to “walk for 60 minutes, seven days a week”? What happens if you have to work late or it rains? “Walk for 60 minutes, five days a week” may be more realistic for your situation.
5. **Time-bound:** Pick a time frame: Do you want to meet your goal next week or in three months? Setting a time limit will help you take action.



Write down your goal

Think about the goals you want to set. Do you want to **lose weight** or **stay at the same weight**? It might be helpful to fill out a weight loss or weight maintenance goal statement like the example below.

SMART weight loss goal:

My goal is to lose 4-5 pounds (*specific, measurable, achievable*) in 1 month (*time-bound*) by cutting 500 calories a day (*achievable*). I will cut 500 calories by drinking 4 cups of water instead of the 3 regular sodas that I have every day (*specific, realistic*). I will also do 60 minutes of brisk walking every day (*specific*).

SMART weight maintenance goal (for a 5'5" woman):

My goal is to maintain my weight at 140 pounds (*specific, measurable, achievable*). I will do this by checking my weight once a week (*time-bound*), eating at least 7 servings of vegetables and fruits each day (*specific, realistic*), and by doing 60 minutes of brisk walking on most days (*specific, realistic*).

Write down your own SMART weight loss or weight maintenance goal below. Keep it Specific, Measurable, Achievable, Realistic, and Time-bound.

My goal is: _____



Track your progress

It's good to keep track of how you're doing, but don't get hung up on numbers—the most important thing is to make some progress, even if it is just a little.

Watch your measurements.

Using a ribbon, start at your belly button and wrap the ribbon around your waist until one end meets the other, then mark it with a marker or dark pen. Repeat over time. As the marks on the ribbon get closer together, you will be able to see how you're doing.



If you are trying to *lose* weight, weigh yourself—but not too often.

Don't weigh yourself more than **once a week**. Weighing yourself every day is not helpful because:

- 1) Your weight will not change much from day to day, and
- 2) Weighing yourself a lot can make you feel more pressure.

If you are trying to *maintain* your weight, weigh yourself more often.

Weighing yourself more often can give you the information that you need to stay on track. It's easier to get back on track after 2 pounds of weight gain than after 5 pounds. The numbers on the scale can remind you to ask yourself these questions:

- ❖ **Are my portions right for me?** (Maybe you are eating more than you think when you snack between meals.)
- ❖ **Am I eating mostly healthy foods?** (Maybe you are eating too many salty foods and your body is holding on to more water.)
- ❖ **Do I need to step it up a notch?** (Maybe you need to go for longer walks or walk at a faster pace now that you are in better shape.)

Stick to your eating plan and physical activity goals. The results you want will come with time.

The Keys to Success

There are six keys to successfully losing weight and maintaining a healthy weight.

1. Know your food habits.

- ❖ Be aware of **what** you are eating.
 - Keep a food diary. Write down everything you eat or drink.
 - Read food labels. Know what you're putting into your body!
- ❖ Be aware of **how much** you are eating.
 - Being full (no longer hungry) is not the same as being stuffed (eating more than you need). Eat slowly. Ask yourself, "If I stopped eating right now, would I still feel hungry?" If your answer is NO, **stop eating**. You can eat the leftovers later!
 - Don't eat while you are driving, talking on the phone, watching TV, or reading. When you are doing other things, it's easy to overeat.

2. Take charge of what you eat.

- ❖ **Plan** ahead.
 - Know what situations and places make you overeat or eat unhealthy foods and try problem-solving skills. For example:
 - Put fruit on your desk, not candy.
 - If you crave doughnuts when you walk past the store, change your route.
 - Plan meals and shop at the beginning of the week so you're less tempted to eat out.
 - Shop from a list so you don't buy foods you don't need.
 - Stock your kitchen with healthy foods, and keep healthy snacks in your car or purse.
 - Have ingredients for quick meals on hand so that you can eat well even when you don't have a lot of time to cook.
 - Make your lunch the night before.
- ❖ Measure **portions**.
 - Put snack foods into small, single-serving ziplock bags.
 - Measure grains like brown rice and whole wheat pasta with measuring cups.
- ❖ Eat in the **kitchen or dining room**.
 - Eat only when you're hungry, not out of habit.
 - Don't eat in front of the TV!
- ❖ Don't go for **seconds**—serve your plate from the stove so you won't be tempted to reach for more.
- ❖ Eat out **less often**—save yourself extra pounds and save \$ too! When you do eat out, use the tips in *Eating "smart" at restaurants*, next page.



Eating “smart” at restaurants

Eating out can be fun, but if you’re trying to lose or maintain your weight, it can also cause problems. Use these tips:

- ❖ Avoid all-you-can eat restaurants. If you go, choose reasonable amounts of healthy foods.
- ❖ Don’t order super-sizes. Order smaller portions, or put half of what you order in a to-go box. Don’t be fooled—many items sold as a single portion or a “regular” size are actually 2 or more servings!
- ❖ Begin with a salad or broth-based soup—it will help fill you up with fewer calories. But remember: Cream soups have more calories, and a salad is only as healthy as the toppings on it. A serving of salad dressing is about 1-2 tablespoons.



3. Eat healthier foods.

- ❖ Make **small changes**.
 - Use your food diary to figure out what foods you can cut out and what foods you can replace with healthier options.
 - Make your own salad dressing with olive oil and vinegar or lemon juice.
 - Eat sharp cheeses—you get more flavor with smaller amounts.
 - Stay away from fried foods at fast food places and other restaurants—if you like fried foods, make your own at home with a small amount of vegetable oil.
 - Eat a small handful of nuts instead of snack chips, and have fresh fruit for dessert.
- ❖ Make **water** your beverage of choice.
 - Drink water or unsweetened tea instead of drinks with added sugars.
 - Instead of fruit juice, have fresh fruit.
 - Drink alcohol in moderation—wine and beer have calories, too! Try light beer instead of regular.
- ❖ Eat 5 or more servings of **vegetables** and about 4 servings of **fruit** a day.

Chew on this:

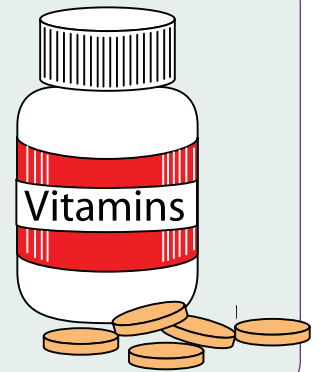
How many pounds would you gain by “supersizing” 3 times a week for 1 year at an average fast food restaurant?

Answer: 15 pounds!

Do I need to take vitamins?

Eating healthy and balanced foods is the best way to get the vitamins and minerals you need. However, you might want to take a multivitamin if you:

- ❖ are over 65
- ❖ are a postmenopausal woman
- ❖ are on a very low-calorie diet
- ❖ are on a low-carbohydrate diet
- ❖ eat a special diet
- ❖ cannot absorb nutrients well
- ❖ smoke
- ❖ drink a lot of alcohol



4. Do regular physical activity.

- ❖ Be aware of **how active** you are.
 - Write down minutes of daily physical activity.
- ❖ Do 60 minutes of physical activity **most days**.
 - Find an activity you enjoy. Try brisk walking or dancing to your favorite songs at home!
 - Increase your activity over time—work up to 60–90 minutes a day to keep weight off.
- ❖ Use a **pedometer**.
 - Wear a pedometer for a whole day and record how many steps you take. The next day, take a few more steps. Each day take more steps than the day before.
 - If you can, work your way up to 10,000 steps a day (between 4 and 5 miles).



5. Get support and learn to deal with stress.

- ❖ Build a **circle of support**.
 - Get support from people you know well who also want to lose or maintain weight.
 - Meet with your support group to talk about your weight loss goals and how you can help each other.
- ❖ **Manage stress** and negative thinking.
 - Stress can lead to emotional eating and weight gain. Learning to deal with stress and negative feelings can help you lose weight and keep it off.
- ❖ When you are stressed out, don't smoke, drink alcohol, or eat more than usual. You'll only feel worse.

6. Plan for slips and lapses.

- ❖ Take it **one day at a time**.
 - Everyone has good days and bad days—don't give up!
 - Don't get upset about "blowing" your diet. If you start eating a lot of unhealthy foods again, remind yourself why you want to lose weight. You are worth the effort!

Success Stories

Most eating plans will help you lose weight in a short period of time (usually 15-25 weeks). But keeping the weight off (or maintaining your current weight) is a lifelong effort. The National Weight Control Registry (NWCR) talks to people who have lost **at least 30 pounds** and kept the weight off **for a year or more**. Here are the secrets to their success:

Eating Plan:

- ❖ Low-calorie and low in saturated and trans fats
- ❖ Breakfast every day
- ❖ Three meals and two snacks per day

Physical Activity:

- ❖ Very little TV watching
- ❖ At least 60 minutes of activity each day
- ❖ Favorite physical activities:
 - Walking
 - Cycling
 - Weight lifting
 - Aerobics
 - Running
 - Stair climbing

Eating Out:

- ❖ Less than once a week at fast food restaurants
- ❖ About 2-3 times a week at non-fast food restaurants

Self-weighing:

- ❖ At least once a week

Your past doesn't have to be your future!

Most NWCR members had tried and failed to lose weight before, and almost half were overweight as a child or had family members who were obese.

You can feel better!

You will feel better when you lose weight and keep it off. Set aside time each day to do activities that you enjoy.

It's better to maintain than to gain!

Whatever your weight is, you can stay healthier by not gaining any more.



The “Skinny” on Diets and Weight Loss

Losing weight is hard for many people. Here are some questions and answers that can help you lose weight safely and keep it off.

Which diets are the best?

Today’s popular diets have many names but they basically all work the same way: by cutting calories. **Balanced** diets tell you how many calories to eat each day but let you eat most foods. **Reduced-fat** or **low-carbohydrate** diets have you cut calories either by eating fewer fats (especially saturated and trans fats) or fewer carbohydrates.

Balanced diets

These diets have you keep track of calories by reading labels on all foods and eating a moderate amount of fat. They:

Pros:

- ❖ Can help you lose weight and stay at a healthy weight.
- ❖ Make sure that you get important nutrients.
- ❖ May lower your “bad” cholesterol (LDL), raise “good” cholesterol (HDL) and lower your triglyceride levels.

Cons:

- ❖ Do **not** lead to dramatic weight loss during the first week(s), so people who want a big “jump start” may be disappointed.

Reduced-fat diets

These diets replace high-fat foods (fried foods, butter, high-fat cheese) with lower-fat versions (baked foods, imitation butter flavor, low-fat cheese). They:

Pros:

- ❖ Do not put many limits on your food choices.
- ❖ Lower your risk of heart disease because eating less saturated and trans fats helps lower cholesterol levels.

Cons:

- ❖ Do **not** lead to dramatic weight loss during the first week(s), so people who want a big “jump start” may be disappointed.
- ❖ May not work any better than higher fat diets. Higher fat diets can work just as well for weight loss; the key is to burn more calories (through physical activity) than your body takes in with the foods you eat.

Low-carbohydrate diets

These diets replace high-carbohydrate foods (breads, potatoes, fruit) with foods that are high in protein and fat (meat, nuts, eggs, cheese). They:

Pros:

- ❖ Help fill you up and cut your appetite so that you eat less and lose weight quickly.
- ❖ May raise your “good” cholesterol (HDL) and lower your triglyceride levels.
- ❖ May yield greater weight loss over 3 to 6 months.

Cons:

- ❖ Put a lot of limits on your food choices.
- ❖ Are missing some foods, so you may not get enough fiber and may need a daily multivitamin.
- ❖ Are difficult to stay on for more than 3 to 6 months.

The bottom line is that any diet (if followed correctly) can help you lose weight in the short term. But losing weight is easier than keeping the weight off. To stay at a healthy weight, you need to make changes in what you eat and how active you are, changes that can **last for a lifetime**. And that’s what *A New Leaf* is all about!



Can I take diet pills to lose weight?

Diet pills cut your appetite or make your body burn calories faster. But **think twice** before you take diet pills—the pills may help you lose weight but they can cause high blood pressure, water loss, poor food absorption, or stroke. You also have to keep taking the pills to keep the weight off, which is expensive and unsafe.

What about taking herbal weight-loss supplements?

We don’t know very much about whether herbal supplements can help people lose weight. Some weight loss supplements have bad side effects. This is especially true in people who have health problems or who are taking prescription or over-the-counter medicines. It is probably smart to stay clear of herbal supplements until we learn more about them.

Don’t be fooled!

If a diet or weight loss plan sounds “too good to be true,” it probably is. The only safe and healthy way to lose weight is to eat less (fewer calories) and move more (more physical activity).

What if I have always been heavy, or if I never get to a healthy weight for my height?

Your lifestyle (what you eat and how active you are) affects your body shape and your weight, but so do your genes. If your starting weight is about 200 pounds, you will get health benefits from losing as little as 10-20 pounds. No matter what your weight is, it helps to eat well and be active!



Thoughts, Feelings, And Weight: Break the Cycle!

Why do people overeat?

To lose weight, it helps to know why people overeat. For many people, food is a way to comfort themselves when they're having a hard time. Read Janet's story. Can you identify with her?

Janet's busy day

Janet has been trying to lose weight for 3 weeks and has been doing very well. She has been staying away from cookies and chips and eating more fruits and vegetables instead. But today, she had a big project due at work. The project kept her so busy that she:

- ❖ Didn't eat lunch.
- ❖ Felt stressed and anxious when her boss was critical.
- ❖ Came home tired, upset, and hungry.
- ❖ Went right to the kitchen.
- ❖ Saw cookies on the counter and ate some.
- ❖ Said to herself, "This diet is too hard and I have no willpower. I might as well forget it."
- ❖ Ate more cookies and felt worse.



What went wrong?

Janet got stuck in a negative cycle. She was tired, hungry, and upset. After eating the first few cookies, she:

- ❖ Got mad at herself for using the cookies to feel better.
- ❖ Blamed the diet for being "too hard" and blamed herself for lacking willpower.
- ❖ Ate more cookies and felt worse.

How could Janet use problem-solving skills?

- 1. Understand the problem:** Janet's first step is to understand that she ate the cookies because she was frustrated, hungry, and kept cookies in an easy-to-reach place.
- 2. List options:** Janet's options include packing lunch the night before, keeping cookies in a hard-to-reach place (or not buying them), and putting fruit on the counter instead.
- 3. Pick an option:** All of the options listed in #2 sound like good options!
- 4. Plan for roadblocks:** If Janet doesn't have time to take a lunch break, she could eat her packed lunch at her desk.
- 5. Try an option and continue to problem-solve.**

To understand what makes YOU eat unhealthy foods, see the problem-solving worksheet on the next page. Also see *Got Problems?*, page J-5.

Problem-solving Worksheet

Think about your own life and the way you eat. You can use the same problem-solving skills that Janet used to stop negative eating cycles (see *Negative Thoughts*, page F-17 and *Got Problems?*, page J-5).



1. Understanding: Many things can make you overeat or eat poorly:

- Feeling stressed at work.
- Fighting with your spouse or a friend.
- Dealing with a sick friend or family member.
- Feeling sad.

What makes you eat unhealthy foods?

2. Listing: What are your options? How can you avoid these problems? Or how can you make them easier to deal with so that you don't eat unhealthy "comfort" foods?

3. Choosing: Which option(s) would be easiest for you to do?

4. Planning: What roadblocks might come up? What could you do to deal with them?

5. Acting: When will you try the option(s) you selected?

Negative Thoughts

Everyone has negative thoughts. But negative thinking can make you feel bad, so that you may overeat or be less active. Overeating and inactivity can lead to more negative thinking and weight gain, creating a vicious cycle of self-defeat.



What are common types of negative thinking?

All or nothing

- ❖ Foods are either “good” or “bad.”
- ❖ You feel like either a complete success or a total failure.
- ❖ You are either “on” or “off” your weight loss program.

Excuses

- ❖ You blame something or someone for your problems.
- ❖ You “can’t help” not sticking to your healthy lifestyle goals.

Shoulds

- ❖ You expect yourself (and others) to be perfect and then feel disappointed, angry, or resentful when you (or they) fall short.

Not as good as

- ❖ You compare yourself to others.
- ❖ You feel bad because you don’t “measure up.”

Giving up

- ❖ You feel defeated.

How to change negative thoughts into positive thoughts

If you start down the path of negative thinking, take these steps:

1. Say “I’m doing it to myself.”
2. Imagine shouting “STOP!” to yourself. Picture a huge stop sign.
3. Ask yourself, “Is this really true?”
4. Talk back with a positive thought (see box, next page).

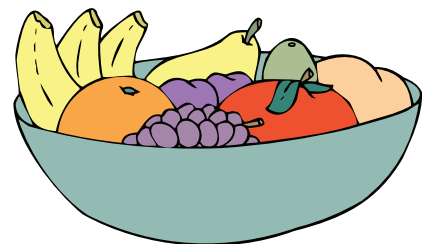
Instead of these negative thoughts...	Try thinking positive thoughts...
"I can never eat dessert again." (All or nothing)	"I can eat a little dessert and less of something else, or walk for 30 more minutes."
"I ate those chips. I'll never lose weight!" (All or nothing)	"One slip-up isn't the end of the world. I can get back on track."
"It's too cold to take a walk." (Excuses)	"I can try going for a walk and stop if I get too cold."
"I should have eaten less." (Should)	"It was my choice. Next time I can decide not to eat as much."
"Mary lost two pounds this week and I only lost one." (Not as good as)	"It's not a race. Mary and I can both lose weight and even help each other out."
"I'll never get it right." (Giving up)	"I'll try something different next time. It will get easier."

Janet's Experience

Janet got into the cycle of negative thinking—she made **excuses**, and felt like **giving up**:

- ❖ "This diet is too hard." (Excuses)
- ❖ "I have no willpower." (Giving up)

Sticking to a healthy eating plan and being busy are challenging, but losing weight and being healthy are very important to Janet. Problem-solving, positive thinking, and stress management could help Janet handle a busy day differently.



Janet's improved day

- ❖ Janet packed lunch the night before.
- ❖ When her boss was critical, Janet took a 10-minute break to calm down. After her break, Janet was able to think more positively: "I am a good worker. I know that I'm doing my best, so I will not take my boss's comments too personally."
- ❖ When Janet came home, she was tired and ready for a snack, but not upset.
- ❖ She went to the kitchen and saw a bowl of fruit on the counter, so she ate an apple.
- ❖ Janet thought: "I made it through a tough day of work and stuck to my goals for eating healthy snacks. I can do it!"
- ❖ Janet rewarded herself by taking a relaxing hot bath.

To figure out how YOU can turn negative thoughts into positive thoughts, and manage your stress, see the worksheet on the next page.

Positive Thinking and Stress Management Worksheet



Think about the kinds of negative thoughts you have. Do you see things as all or nothing? Do you make excuses or give up? Do you use “shoulds” or compare yourself to others?

It can take practice to learn how to problem-solve, plan ahead, change negative thoughts to positive thoughts, and manage your stress. But you CAN break the cycle! Just like Janet, you can learn to deal with stress, stop overeating, and meet your weight loss or weight maintenance goals (see *Negative Thoughts*, page F-17, and *How Can I Deal with Stress?*, page J-1).

What are some of your negative thoughts about losing weight or avoiding weight gain?

How can you change them to positive thoughts?

Remind yourself why losing weight (or maintaining your weight) and getting healthier are important to you.

Write down some successes that make you proud. (For example: Being a good parent, making the commitment to lose weight and get healthier, eating a salad instead of a burger for lunch.)

Getting Physically Active

If you're trying to lose or maintain your weight, the closer you can get to 60 minutes or more of physical activity a day, the better. It is easier to be physically active when you are having fun too! What types of activities do you enjoy? How can you make them a part of your day?

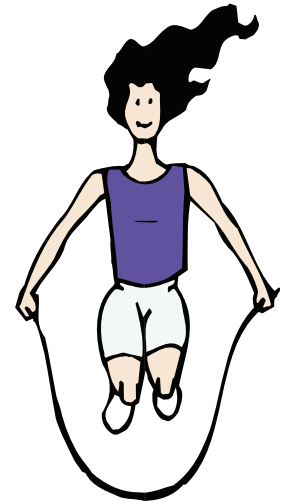
Below are some **everyday** activities and **exercise** activities that you can do to add physical activity to your day. Pick a few that you like. Try to work them into your daily routine. If you can talk but not sing while you are doing the activity, you are doing it "briskly" enough.

Everyday activity

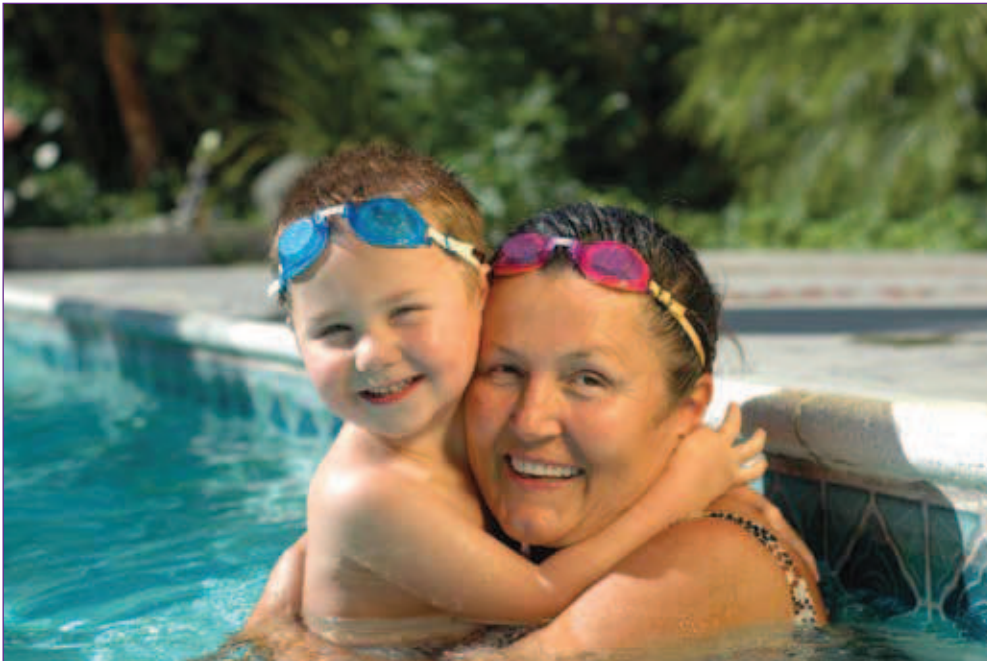
Walking
Gardening
Washing windows or floors
Stair-walking
Pushing a stroller
Raking leaves
Washing and waxing a car
Shoveling snow

Exercise activity

Brisk walking
Dancing fast (socially or alone)
Water aerobics
Swimming laps
Jumping rope
Running
Playing volleyball



Refer to *Keeping Active*, page D-1, for more physical activity ideas!



Diabetes Prevention and Management



What Is Diabetes (Sugar)?

Diabetes or “sugar” is a condition in which there is too much glucose (sugar) in the blood. There are two main types of diabetes—type 1 and type 2.

- ❖ **Type 1 diabetes** usually occurs before age 20. A person with type 1 diabetes must use insulin.
- ❖ **Type 2 diabetes** is the most frequent form of diabetes. Although type 2 diabetes is common in adults, more and more children and teens who are overweight are getting type 2 diabetes. Insulin and/or pills may be part of the treatment for persons with type 2 diabetes.

No matter which type of diabetes you have, **eating healthy** and **being physically active** are very important parts of your treatment!

More about Type 2 Diabetes

What is glucose?

Glucose is a sugar that your cells use for energy. Your blood carries glucose to your cells. When you have diabetes, the sugar builds up in your blood because your cells do not remove glucose from your blood in the right way.



Why don't my cells use glucose in the right way?

Your cells need insulin to help them use the glucose in your blood. When you have type 2 diabetes, your body may not make enough insulin, or your cells may not respond to insulin as they should.

Can type 2 diabetes be cured?

There is no cure for type 2 diabetes, but you can control it. Getting your blood sugar under control does **not** mean your diabetes has gone away. There are 8 steps that will help you control your blood glucose level and stay healthy (see *Healthy Living with Type 2 Diabetes*, page G-3).

What happens if I don't take care of my diabetes?

The most important person taking care of your diabetes is YOU. If you don't take care of your diabetes, your blood sugar levels will stay high. Over time, very high levels of blood sugar can:

- ❖ Damage your heart, kidneys, blood vessels, nerves, and eyes.
- ❖ Cause serious problems with your feet that may result in amputations.
- ❖ Make you very sick—if you have shortness of breath, breath that smells fruity, nausea and vomiting, or a very dry mouth, this is an **emergency** that should be taken care of by your doctor!

Preventing Diabetes

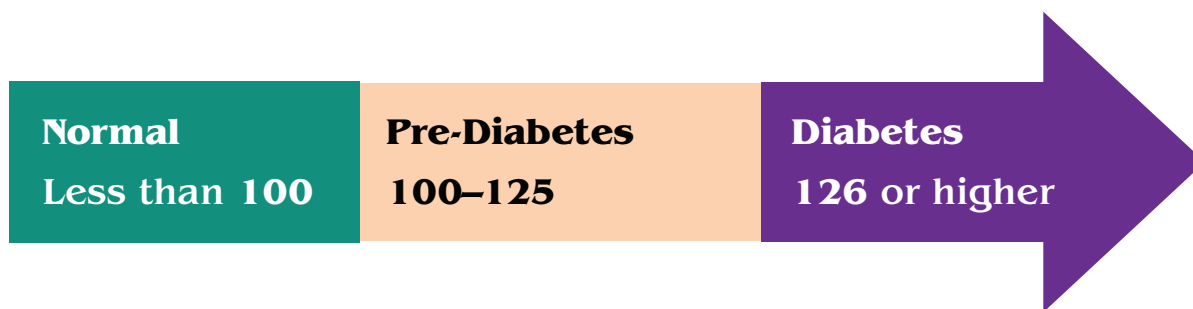
Why do people get diabetes?

There are many reasons people get diabetes. These reasons are often called **risk factors**. Check all of the risk factors below that are true for you:

- I am overweight.
- I'm not very physically active.
- I am over 45 years old.
- I have a close relative with diabetes.
- I am African-American, Latino, Native American, Alaska Native, Asian American or Pacific Islander.
- I have high blood pressure.
- My good cholesterol (HDL) is low or my triglyceride level is high.
- I had my blood sugar tested and my level was higher than it should be.
- My waist measurement is 35 inches or more (women), or 40 inches or more (men).
- I gave birth to a baby who weighed over 9 pounds.
- I have a history of heart disease or stroke.

What happens before you get diabetes?

Before people get diabetes, they almost always have **pre-diabetes**. When you have pre-diabetes, your blood glucose level is higher than it should be, but not high enough to be called "diabetes." Your doctor can tell you if you have pre-diabetes by using two tests that check the glucose (sugar) in your blood at different times.



How can I lower my chances of getting diabetes?

Some risk factors for diabetes can't be changed (like your age and family history). But you **can** lower your chances of getting pre-diabetes and diabetes by **eating healthy, being physically active, and reaching and maintaining a healthy weight**. In a study of over 3,000 people at risk for diabetes, experts found that a healthy diet and physical activity can keep you free of diabetes longer.

Diabetes doesn't have to be in your future. You **CAN** make a difference in your health!

Healthy Living with Type 2 Diabetes

Can I live a healthy life with diabetes?

YES! You can be active and enjoy each day if you do your part to keep your blood sugar, blood pressure, and blood cholesterol at healthy levels. The key to a healthy life with diabetes is to follow your diabetes care plan.

1. Make healthy food choices.

Healthy foods do not need to be boring or hard to prepare. Here are a few tips to keep in mind:

- ❖ **Eat more fruits and vegetables.** Eat at least 5 vegetable servings a day and about 4 servings of fruit per day. These give you important vitamins, minerals, and fiber.
- ❖ **Avoid** foods that have trans fat—things like fried foods, snack crackers and cookies.
- ❖ **Limit** foods containing saturated fat, added sugar, and salt (sodium)—things like sausage, candy, chips and other snack foods, and sugar-sweetened drinks.
- ❖ **Eat out less often.** Fast food places and other restaurants often serve food that has a lot of trans fat, saturated fat, added sugar, and salt. Cook at home and save eating out for special occasions.

2. Become more physically active.

Get at least 30 minutes of moderate physical activity on most days (about 150 minutes a week). Try not to go more than two days in a row without physical activity. Do activities that are fun and enjoyable to you. Here are 6 simple ideas to get you moving:

- ❖ Take the stairs when you get the chance, not the elevator!
- ❖ If you drive, park your car away from where you want to go and walk the rest of the way.
- ❖ Dance to music when you're cleaning up or doing housework.
- ❖ Find an exercise buddy. Exercising with a friend is fun!
- ❖ Do simple stretch band exercises three times a week.
- ❖ Get in a routine. When you find an activity you like, make a regular date with yourself and keep it!

3. Lose extra pounds.

Even a small amount of weight loss can help your body **prevent** and **manage** diabetes. When you lose weight, your body uses insulin better and your blood sugar comes down to a better level. Watching **how much you eat** and getting **regular physical activity** can help you lose weight or stay at a healthy weight.

- ❖ Notice how much you eat at every meal.
- ❖ **Stop** eating when you are full and don't eat if you are not hungry.
- ❖ Talk to your doctor before starting a new exercise program.

4. Take your diabetes medicine.

Some people need extra help to control their blood glucose levels.

- ❖ Your doctor may give you **pills** or **insulin**.
- ❖ Some people need both insulin **and** pills to control their diabetes.

5. Check your blood glucose level.

Testing your **blood glucose** level (blood sugar) helps you see how well your food, physical activity, and medicine are working to keep your blood sugar at a healthy level.

- ❖ Ask your doctor how often you should check your blood sugar level.
- ❖ Keep a record of your blood sugar numbers.



6. Control your blood pressure.

Many people with diabetes also have high **blood pressure**. Controlling your blood pressure helps to protect you from getting a stroke, heart attack or kidney failure.

- ❖ **Eating healthy** and being **physically active** can help control blood pressure, too.
- ❖ People with diabetes often need **medicine** to control their blood pressure.
- ❖ Work with your doctor to keep your blood pressure below 130/80.

7. Keep your blood cholesterol and fats at a healthy level.

Keeping healthy levels of cholesterol and triglycerides (a fat) protects your blood vessels and helps to prevent heart problems and stroke. You may need other medicines to control your blood cholesterol.

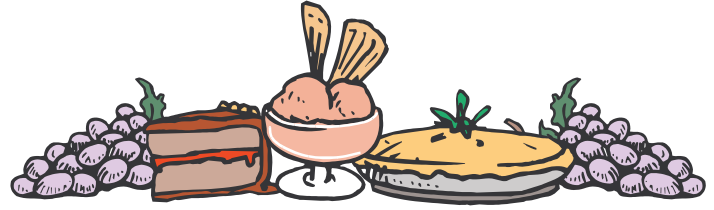
- ❖ Work with your doctor to reach these healthy levels:
 - Total cholesterol—under 200
 - “Good” (or HDL) cholesterol—above 50 for women
 - “Bad” (or LDL) cholesterol—under 100
 - Triglycerides—less than 150
- ❖ Check your blood cholesterol every year until you reach healthy levels.



8. Take care of your body.

People with diabetes need to take good care of their feet and teeth to prevent serious health problems. See *Foot Care*, page G-11, and *Dental Care*, page G-13.

Watching Your Starches and Sugars



The **type** and **amount** of food you eat affect how **high** and how **fast** your blood sugar goes up. **Carbohydrates** (sugars and starches) in

foods have the biggest effect on your blood sugar. So...watching how much sugar and starch you eat can help you keep your blood sugar under control.

Know Your Sugars and Starches

Carbohydrates (sugars and starches) are in foods like:

- ❖ Cereals, breads, crackers
- ❖ Rice, pasta, grains
- ❖ Beans
- ❖ Vegetables
- ❖ Milk and yogurt
- ❖ Fruits and fruit juices
- ❖ Sugar, honey, maple syrup, molasses, high fructose corn syrup, and other sweeteners



Can I eat sweets and sugar?

People with diabetes can have sugar and sweets sometimes, **But...**

- ❖ Choose small amounts.
- ❖ **Not** with every meal or every day.
- ❖ Avoid sweetened beverages (see *Sugar-sweetened Drinks*, page B-9).
- ❖ When you include sweets in your meal, you will need to take out some of the other carbohydrate foods (milk, fruit, rice) so that the total remains about the same. For example, if you wanted 3 ginger snaps with your lunch or dinner, you could take out 1/3 cup of your rice.
- ❖ Remember, most sweets are **high** in calories and **low** in vitamins and minerals.

Which sugars and starches are better for me?

Have you ever wondered why some starchy foods cause your blood sugar to go up higher than others? It's because not all starchy foods are alike. Here are some foods (sugars and starches) that—when eaten in the right amounts—may be better for your blood sugar control:

Type of Sugar or Starch	Some Good Choices...
Cereals, breads, pasta 	Less processed cereals like oats or bran cereals; sourdough, 100% stoneground whole wheat or pumpernickel bread; regular or whole wheat pasta
Grains	Brown rice, converted (like Uncle Ben's), or Basmati rice
Fruit	Apples, peaches, nectarines (most fruits are good choices)
Starchy vegetables 	Beans, sweet potato or yam (much better than white potato)

How much sugar and starch can I eat?

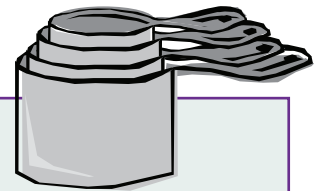
A dietitian or nutritionist can help you choose the right amount of carbohydrate (sugar and starch) for each meal.

- ❖ Knowing what your blood sugar is **BEFORE** and **AFTER** meals will help the dietitian choose the right amount for you.
- ❖ Your level of physical activity may also affect how much sugar and starch you can eat.

What is a serving size for sugars and starches?

It is important to eat the right size serving of sugar and starchy foods. The amounts may seem small, but you may choose more than one serving with some of your meals! The chart below shows **one serving size** for common carbohydrate foods.

- ❖ Use the Nutrition Facts on the food label. Look at the amount of carbohydrates in a serving to help you choose how much you should have. One carbohydrate serving is 15 grams. (See *Read the Label*, page B-17.)
- ❖ Start out by measuring your foods to make sure your serving sizes are right. If you use the same bowl, cup, or plate after that, you can “eyeball” the amounts from that point on. (See *Choosing How Much to Eat*, page G-7, and *How Much Can I Eat?*, page B-14.)



Serving Sizes for Starches and Sugars

FOODS	SERVING SIZE
Cooked vegetables	1/2 cup
Raw vegetables	1 cup
Whole fruit	1 small
Cut-up fruit	1/2 cup
Cooked beans (like pinto and red beans)	1/3 to 1/2 cup
Whole-grain bread	1 slice
Cooked cereal	1/2 cup
Rice or pasta	1/3 cup
Milk or yogurt	1 cup
Vegetable juice	1/2 cup
Fruit juice	1/3 to 1/2 cup (3-4 oz.)

Choosing How Much to Eat

Controlling how much you eat is very important when you have diabetes.

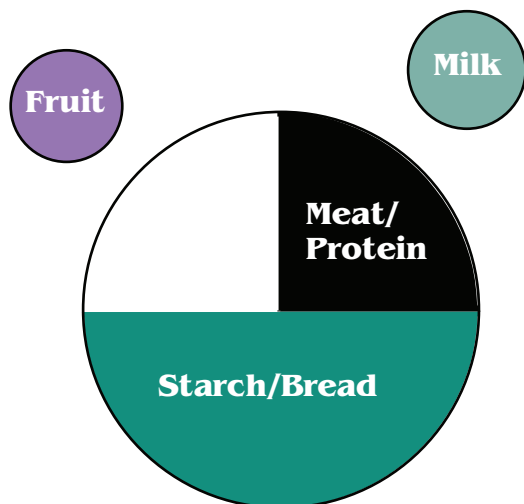
- ❖ If your food portions are too large, you may gain weight. Your blood sugar may also go up to a level that is not healthy for you.
- ❖ If you take diabetes medicine or insulin, your blood sugar may go too low when you don't eat enough.

How do I serve the right amount of food?

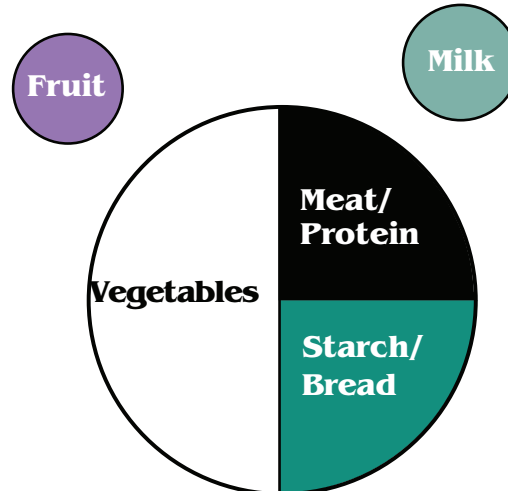
To keep your blood sugar and your weight at a healthy level, watch how much food you put on your plate. Here are **five tips** to help you serve the right amount of food.

1. The best way to control how much food is on your plate is to **measure your food** with measuring cups and spoons.
2. For meat, fish or chicken, 3 ounces is a good serving size. A 3-ounce serving of cooked meat is **about the size of your palm or a deck of cards**—or you can use a food scale.
3. The food label can help you choose the right amount for your plate. Look at the serving size on the label, then ask yourself:
 - Is this how much I usually have?
 - Is this how much my meal plan says I should have?
4. You can also use **menus** to help you choose how much to eat. Ask your dietitian or nutritionist for menus that include foods you like. For example, a breakfast menu could be 1 slice reduced fat cheese + 2 slices whole grain bread + 1 small orange + 1 cup skim milk.
5. **Know how your plate should look** with different foods for each meal. Meat/protein foods include meats, chicken, fish, eggs, and cheese. Starch/bread foods include starchy vegetables, whole grains like brown rice, and whole wheat bread. Take your basic 9-inch plate and serve your food so that it looks like this:

Breakfast Plate*



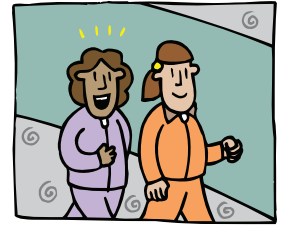
Lunch/Dinner Plate*



It's not just WHAT you eat that counts. HOW MUCH you eat counts, too.

* Adapted from the Idaho Plate Method

Diabetes and Physical Activity



Why is physical activity important?

Physical activity is a very important part of controlling your blood sugar and your diabetes. When you are active:

- ❖ The cells in your body can use the sugar in the blood better. This helps keep your blood sugar under control.
- ❖ You may also be able to control your blood sugar with smaller amounts of insulin or pills. For some people, regular physical activity and healthy eating can keep their blood sugar under control without any diabetes medicine.

What can I do to become more active?

You can get the benefits of physical activity in different ways:

- ❖ Some people become more active by moving their body more and putting more energy into daily activities like house cleaning or grocery shopping.
- ❖ Others spend 30 minutes or more each day on activities like walking or raking the yard.
- ❖ If your doctor says it is okay, do stretch band (resistance) exercises three times a week. Try to do three sets of 8-10 repetitions.

Whatever activities you do, try to be active most days of the week—don't take more than two days in a row off!



How can I exercise safely?

If you plan to do regular exercise, if you exercise for more than 20 minutes, and if you take insulin or pills, you should follow these **10 safety tips**.

1. Before you start, **talk to your doctor** about what activities are safe for you.
2. Take some fast sugar food with you **in case your blood sugar drops** too low while you are exercising. Eat or drink any of these if you feel your sugar is getting too **low**.
 - 3 hard candies
 - 1/2 cup fruit juice or regular soda (not diet)
 - 2 tablespoons raisins
 - 1 cup **skim** milk
3. Begin your exercise about **one hour after a meal or snack**. Try to exercise at about the same time each day.
4. Wear clean, **smooth-fitting socks** (without lumpy seams) and **well-fitting shoes** with smooth insides.
5. Always warm up by walking slowly for 5 to 10 minutes before you begin. After you exercise, **cool down** with another slow walk (5-10 minutes) and stretch.
6. **Test your blood sugar level** before and after you exercise if your doctor says you should. This can help you see how your blood sugar responds to exercise.
7. Wear **identification** (saying that you have diabetes) if you exercise away from home. (Even better, exercise with someone else!)
8. **Drink plenty of water** before, during and after exercising.
9. Afterwards, **check your feet** for blisters, cuts and scrapes.
10. Do **not** exercise when...
 - You are ill.
 - Your blood pressure is very **high** (not under control with medicine).
 - Your feet or legs hurt.
 - The weather is **very** hot or cold.



Stop exercising if you begin to feel dizzy, out of breath, have chest pain, or have strong pain.



Foot Care

It is important to take care of your feet when you have diabetes to prevent serious foot problems. Diabetes can harm the nerves in your feet and slow down the flow of blood to them. And if you smoke, QUIT! Smoking slows down blood flow, too.

- ❖ When the nerves are damaged, **you may not feel a cut or bruise** on your foot.
- ❖ Cuts and bruises on your feet **may take longer to heal** because the blood flow is poor.
- ❖ Not enough blood may also make your feet **cold** or **puffy**.

How can I keep my feet healthy?

- ❖ **Physical activity:** It can help to improve the blood flow to your feet.
- ❖ **Blood sugar:** Keep your blood sugar at a healthy level.
- ❖ **Check-ups:** Have your doctor check your feet at every visit, and call your doctor if you have foot problems.
- ❖ **Footwear:** Wear shoes and socks that fit well. Never walk barefoot (not even indoors)!

Buying shoes

The best time to shop for shoes is the middle of the afternoon (when your feet are largest). But break in new shoes **slowly**—wear them only about one to two hours at first. Check with your doctor to find out if you need special shoes or inserts.



Six things to do every day and some things to avoid...

Do:	Don't:
1. Wash your feet. Dry them carefully—especially between the toes.	Don't soak your feet—it can dry out your skin which makes it easier for you to get infections.
2. Check your feet for redness, swelling, cuts, bruises, or cracks. If you can't see the bottoms of your feet, use a mirror or ask someone to help you. Always check between the toes.	Don't try to treat foot problems yourself. Don't use adhesive tape on your feet, and don't break blisters or remove corns with a knife or chemicals. If you have a cut or sore that won't heal, blisters or dry cracked skin, or pain in your feet, call your doctor.
3. Check inside your shoes before you put them on. Check for rough spots, nail points, small stones, or loose objects.	Don't wear sandals with thongs between the toes.
4. Use lotion, baby oil or petroleum jelly (Vaseline®) on dry areas.	Never put lotion, baby oil, or petroleum jelly between your toes.
5. Use powder if your feet sweat a lot.	Don't use a heating pad. A pair of warm socks is better.
6. Wear clean socks without seams. Seams can cause blisters.	Don't wear tight socks or stockings.

Toenail Care

Cut your toenails after you bathe (your nails are soft and easy to trim then).

- ❖ Cut your toenails straight across.
- ❖ File the edges until smooth.
- ❖ If your toenails are thick or ingrown, let your foot doctor take care of them.



Dental Care

When you have diabetes, you are more likely to have problems with your teeth and gums. Many people with diabetes get infections of the gums that can lead to problems with their teeth.



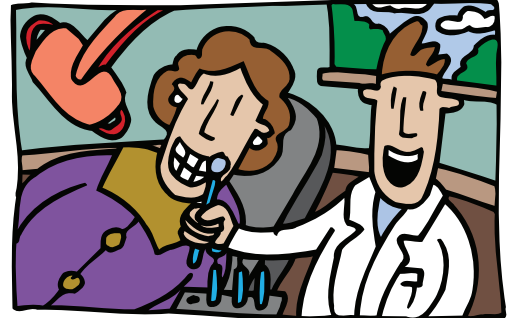
What can I do to prevent problems with teeth and gums?

Brush at least two times a day with a soft brush.

- ❖ Get a new soft brush every three to four months.

Floss every day.

- ❖ Flossing cleans parts of your teeth that your toothbrush cannot reach. Brushing only does half the job. Ask your dentist or dental hygienist to show you the right way to floss.



Control your blood sugar.

- ❖ High blood sugar is one reason why people with diabetes have problems with their teeth and gums. When your blood sugar is at a healthy level, your mouth can fight off germs much better.

Stop smoking!

- ❖ Smoking not only harms your heart, it also increases your chances of getting gum disease. If you have diabetes, the risk is even greater. For healthy gums, stop smoking!

Visit your dentist at least every six months.

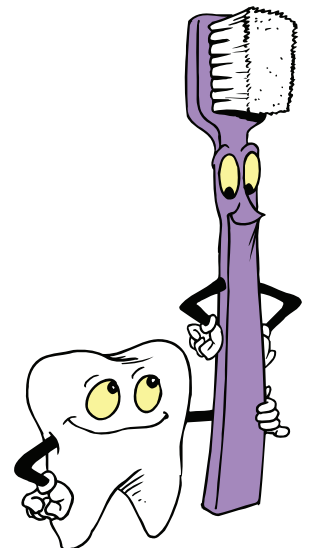
- ❖ Make sure your dentist knows that you have diabetes. If you take insulin, schedule a morning visit and make sure you take your usual dose and eat a normal breakfast before going to your appointment.

What are some signs of gum disease?

Visit your dentist if you see any of the following signs:

- ❖ Bad breath or a bad taste in your mouth.
- ❖ Bleeding gums when you brush or floss.
- ❖ Red, swollen, or tender gums.
- ❖ Pus between the teeth and gums.
- ❖ Teeth that are loose or move away from each other.
- ❖ Changes in the way dentures fit.

Spotting the warning signs early will help prevent permanent gum damage.



Problems linked to diabetes

Thrush

Thrush is an infection caused by a fungus. Thrush makes white or sometimes red patches in your mouth. These patches may get sore and turn into ulcers.

- ❖ Thrush grows very well when the glucose (sugar) level in saliva is high.
- ❖ Thrush is also more common when you smoke or wear dentures all day and night.
- ❖ To prevent thrush...control your blood sugar, don't smoke, and remove and clean your dentures daily.

Dry mouth

Dry mouth is often a sign that your blood sugar is too high. It may also be caused by medicines for colds or high blood pressure. Dry mouth should be treated because it can cause soreness, ulcers, infections, and tooth decay.

- ❖ If you have dry mouth, tell your doctor or dentist.
- ❖ To prevent dry mouth, control your blood sugar.

Denture care

Proper care of your dentures can help to prevent infections such as thrush.

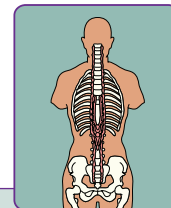
- ❖ Rinse and brush your dentures daily.
- ❖ Brush your gums and tongue with a soft toothbrush daily.
- ❖ Take your dentures out at night.



Bone Health Assessment and Tips



How Healthy Are Your Bones? (Assessment)



Bone loss is a condition in which bones become weak and break (fracture) more easily. This condition, also called osteoporosis, is more likely to happen as we age.

Think about what you eat EVERY DAY. Mark the box for the number, word, or phrase that fits you best. (See Be Serving Size Wise, page xi, for serving size information.)

1. How many servings of **milk** (not including other dairy products) do you have each day?

3+

1-2

Less than 1 or milk doesn't agree with me

2. How many servings of **yogurt, cheese, or other dairy products** (not including milk) do you have each day?

2+

1

Less than 1 or these dairy products don't agree with me

3. How many servings of **vegetables** do you have each day?

5+ (at least 2 1/2 cups)

3-4

2 or fewer

4. How many servings of **fruit** do you have each day?

4+ (2 or more cups)

2-3

1 or fewer

5. How many servings of **soft drinks** (soda) do you have each day?

0

1-2

3+

6. How often do you take a **calcium supplement** (500 mg or more per tablet)?

Every day

A few times a week

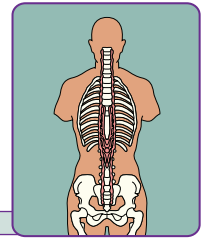
Rarely/never

<p>7. How often do you take a vitamin D supplement (at least 200IU or more per tablet)? (The vitamin D can be part of a calcium supplement.)</p>		
<input type="checkbox"/> Every day	<input type="checkbox"/> A few times a week	<input type="checkbox"/> Rarely/never
<p>Now let's look at physical activity and other things that can affect bone health.</p>		
<p>8. How many days a week do you walk for at least 30 minutes or do 30 minutes of strength training exercises (doesn't have to be all at one time)?</p>		
<input type="checkbox"/> 4+ days	<input type="checkbox"/> 2-3 days	<input type="checkbox"/> 1 day or not at all or unable to walk
<p>9. Do you smoke cigarettes?</p>		
<input type="checkbox"/> Have never smoked	<input type="checkbox"/> Used to smoke but quit	<input type="checkbox"/> Currently smoke
<p>10. Do you frequently lose your balance or fall?</p>		
<input type="checkbox"/> No	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Yes, a lot

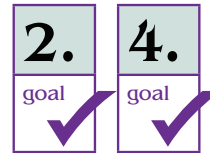
See Keeping Your Bones Healthy, page H-3.



Keeping Your Bones Healthy (Tip Sheets)



Check the goals you want to work on for the next contact.



1.

goal

Choose low-fat milk, soy milk, and other drinks fortified with calcium and vitamin D.

- ❖ Have 3 or more servings of milk or other dairy foods daily. Drink low-fat milk.
- ❖ Milk is a good source of calcium and vitamin D.
- ❖ Add low-fat or powdered nonfat milk to casseroles and soups.
- ❖ Cook oatmeal or other hot cereals with low-fat milk instead of water.
- ❖ If milk doesn't agree with you, try lactose-free products or drink half a glass at a time with a meal. Or try yogurt and cheese, which can be gentler on your stomach (they have less lactose).
- ❖ Some lactose-free drinks are Lactaid®, and soy milk or orange juice fortified with calcium and vitamin D.

2.

goal

Choose low-fat yogurt and other low-fat dairy products.

- ❖ If you do not drink milk, have low-fat yogurt or other low-fat dairy foods daily.
- ❖ Yogurt and cheese are good sources of calcium but not vitamin D.
- ❖ Cottage cheese and cream cheese are not very good sources of calcium or vitamin D.
- ❖ Plain yogurt has more calcium than fruit-flavored yogurt.
- ❖ Unless they are labeled as low-fat or made from skim milk, hard cheeses (cheddar, Colby, Swiss) are usually high in calories and saturated fat. Limit high-fat cheeses to no more than 1 serving per day.
- ❖ Add a small spoonful of shredded parmesan cheese to your soup, salad, or whole grain.

3.

goal

Enjoy more vegetables.

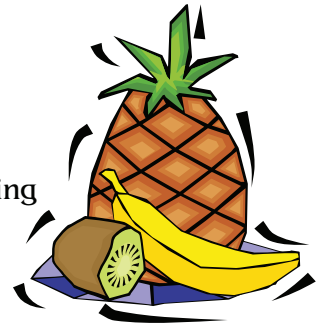
- ❖ Eat at least 5 servings (2 1/2 cups) of vegetables a day.
- ❖ Dark green leafy vegetables like spinach, collards, and broccoli have lots of calcium and other nutrients that are good for bone health.
- ❖ Try the recipe for "Fresh Greens, Southern Style" in the *New Leaf* cookbook, page 44.

4.

goal

Enjoy more fruit.

- ❖ Eat about 4 fruit servings (2 cups) a day.
- ❖ A fruit salad with some plain yogurt makes a healthy lunch. Mix oranges, melons, and berries—or apples, grapes, and pears. Add some whole grain crackers and fresh vegetable sticks for a satisfying meal!
- ❖ If you drink fruit juice, get 100% juice—but try not to drink more than 8 oz. a day.
- ❖ Try the Banana Pudding recipe in the *New Leaf* cookbook, page 90.

**5.**

goal

Avoid or cut back on soft drinks.

- ❖ Some research shows that drinking soft drinks (sodas) can cause weaker bones.
- ❖ Drink more water, low-fat milk, or fortified soy milk.

6.

goal

Plan for ways to get enough calcium.

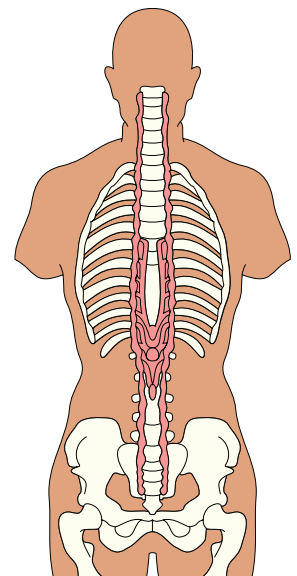
- ❖ Low-fat dairy products and dark green leafy vegetables (like spinach, collards and broccoli) are rich in calcium.
- ❖ Eat sardines (not the boneless kind)—they have a lot of calcium.
- ❖ Use leftover bones to make old-fashioned chicken, fish, or beef broths. Add 1-2 tablespoons of vinegar to the pot when you make the broth—this will help the calcium come out of the bones and into the broth. Use the broth to make soups or to cook grains.
- ❖ If you're not getting enough calcium through the foods you eat or drink, see your doctor to check your kidney function and talk about whether you need a calcium supplement.
- ❖ If you take calcium supplements, take them throughout the day so your body can absorb them better.
- ❖ Taking calcium can cause constipation for some people. To help prevent this, be sure to stay active, drink lots of water, and get plenty of fiber.
- ❖ Aim for 1200 mg of calcium a day if you are over 50 years old.
- ❖ Aim for 1000 mg of calcium a day if you are between 19 and 50 years old.

7.

goal

Plan for ways to get enough vitamin D.

- ❖ High fat fish is a major source of vitamin D. Salmon, Atlantic mackerel and sardines are good choices.
- ❖ Some beverages are fortified with vitamin D and calcium—low-fat milk, soy milk, and orange juice.
- ❖ Our bodies can make some of the vitamin D we need if we expose our skin to sunlight. Walk outdoors or spend time working in your garden 3 or 4 times a week—expose your hands, face, and arms for at least 15 minutes.
- ❖ If you think you are not getting enough vitamin D, see your doctor to check your kidney function and talk about whether you need a vitamin D supplement.



8.

goal

Be physically active.

- ❖ Physical activity helps build strong bones and improves balance. Aim for at least 30 minutes a day. Try these activities:
 - Walking
 - Jogging
 - Stair-climbing
 - Gardening
 - Dancing
 - Aerobics
- ❖ Use a stretch band to make your muscles strong and more flexible.
- ❖ If you have osteoporosis, be careful with activities that put lots of stress on the spine, like bending forward or twisting. Talk with your doctor before starting new activities.



9.

goal

Stop smoking.

- ❖ Smoking cigarettes can make your bones weak.
- ❖ For help on quitting smoking, see page I-3 (*Smoking and Quitting Tip Sheets*), or talk with your health department nurse or health educator.



10.

goal

Prevent falls.

- ❖ Keep stairwells and halls well-lit. Use a night light.
- ❖ Keep walking paths clear.
- ❖ Tape loose cords to the floor or wall.
- ❖ Put nonskid strips in the tub and use a handrail to get in and out.
- ❖ Put nonskid backing on rugs.
- ❖ Put heavy items on low shelves and ask for help with items out of your reach.



Smoking and Quitting Assessment and Tips



Smoking and Quitting Assessment



- A.** Which of the following describes you?
- I'm not interested in trying to quit smoking.
 - I know I need to quit smoking, but I'm not quite ready yet.
 - I'm ready to quit smoking, but I need some help.

B. Have you tried to quit in the past? Once A few times Many times

C. Who else in your household smokes? _____

D. Think about some of the reasons you smoke. Would you say the following things describe you **NOT AT ALL**, **A LITTLE**, or **A LOT**?

1. I smoke to perk me up or give me a lift .	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot
2. I want a cigarette most when I'm comfortable and relaxed .	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot
3. I smoke when I'm anxious, worried, or angry .	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot
4. I have a cigarette within half an hour after I wake up .	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot
5. I smoke cigarettes out of habit , without really thinking about it.	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot

E. Think about your concerns about quitting. Would you say the following things describe you not at all, a little, or a lot?

6.	I'm worried about gaining weight if I quit.	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot
7.	Having friends and family who smoke makes it hard for me to quit.	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot
8.	I don't have the willpower .	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot
9.	When I don't smoke, I feel restless and can't concentrate .	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot
10.	I can't stand how I feel when I first quit.	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> A lot

F. Kicking the Habit

11. How would you like to work on quitting?

- "Cold turkey"
- Gradual approach

12. Would you like to be part of a quit smoking program?

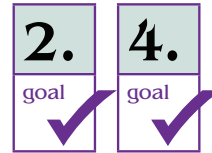
- Yes No

See Smoking and Quitting Tip Sheets, page I-3.

Smoking and Quitting Tip Sheets



Check the goals you want to work on for the next contact.



Instead of smoking...

1. Look for a different way to give yourself a boost.

1.

goal

- ❖ Go for a brisk walk.
- ❖ Do some stretches.
- ❖ Take a break from what you're doing.
- ❖ Try deep breathing.

2. Look for other ways to relax.

2.

goal

- ❖ Treat yourself to a bubble bath, a long shower, or a hot cup of tea.
- ❖ Take a nap.
- ❖ Work on a hobby or read a book.
- ❖ Visit a friend who doesn't smoke.

3. Reach for something else when you're feeling down or lonely.

3.

goal

- ❖ Call a friend.
- ❖ Put on your walking shoes and get outside.
- ❖ Shake out a rug and pretend it's your cigarette habit.

4. Admit you're hooked and try to break free!

4.

goal

- ❖ When you feel like smoking, hold out for 5 minutes, then 10, then 15 minutes.
- ❖ Count backwards from 100 slowly—until the urge passes.
- ❖ Put a dime in a jar for every cigarette you **DON'T** smoke; save up for something special after you quit.
- ❖ Ask your drugstore about a nicotine patch, gum, or lozenges.
- ❖ Ask your doctor about getting help to quit.
- ❖ Join a Quit Smoking program.
- ❖ Get instant help: Call the toll-free quitline (1-800-QUIT-NOW or 1-800-784-8669).



5.

goal

Kick the habit!

- ❖ Each time you reach for a light say, “Do I really want this?”
- ❖ Find something else to do with your hands (try doodling or carrying a stone or coin in your pocket that you can rub with your finger).
- ❖ When you have a break at work, go for a quick walk instead of a quick smoke.
- ❖ Be aware of other habits that make you want to smoke, like drinking coffee or sitting around after a meal.
- ❖ Pick up some healthy habits: munch on carrots and celery, or go for a walk right after eating.



When You're Trying to Quit...

6.

goal

Don't let the fear of gaining weight keep you from quitting.

- ❖ Smoking is a lot worse for your health than a few extra pounds!
- ❖ Drink extra water and keep healthy snacks in an easy-to-reach place.
- ❖ If you must have something in your mouth, chew gum.



7.

goal

Talk to friends and family about your plans to quit.

- ❖ Ask family and friends not to smoke around you.
- ❖ Try to get others to quit when you do—you can help each other out.
- ❖ Visit your non-smoking friends while you're quitting.

8.

goal

Tell yourself you can do it!

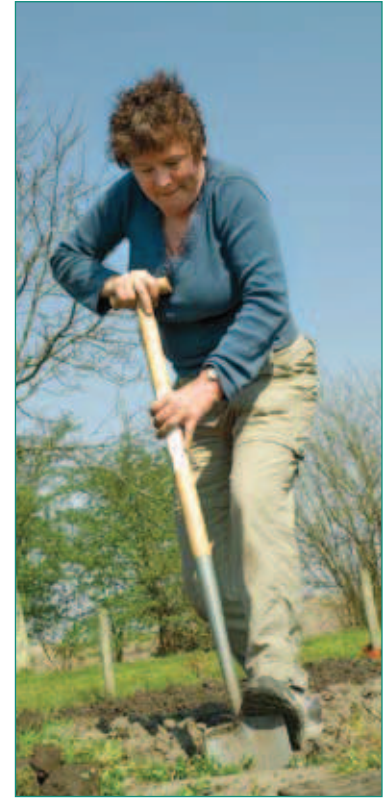
- ❖ Quit for your grandchildren's sake or for others who love you.
- ❖ Set yourself up for success:
 - choose a quit date when you're not under stress
 - remind yourself of all the reasons you're quitting
 - reward yourself for big AND small successes

9.

goal

Stay busy and keep moving.

- ❖ Get out of the house and walk.
- ❖ Put your energy into projects that need physical activity, like:
 - gardening or yard work
 - washing the car
 - sweeping or cleaning
- ❖ Spend your free time where smoking isn't allowed.

**10.**

goal

Hang in there—you'll get past the tough moments.

- ❖ Find something to do while you wait for the smoking urge to pass—listen to your favorite music.
- ❖ Tell yourself things will get better soon.
- ❖ Do some exercise to blow off steam.
- ❖ Ask others to be patient with you.
- ❖ Stay away from things that you connect with smoking.

11.

goal

Prepare yourself for quitting.

- ❖ Choose to be tobacco-free and imagine yourself as a non-smoker.
- ❖ Tell friends and family that you are planning to quit—ask for help.
- ❖ Prepare spiritually.
- ❖ Remove cigarettes and other tobacco from your home, car, and work space.
- ❖ Keep a record of when and why you smoke.
- ❖ Set a quit date and stop!
- ❖ Plan for the challenges you'll face while you're quitting.
- ❖ Reward yourself for successes.
- ❖ Help others quit smoking.
- ❖ Eat healthy, be physically active, and get enough sleep.
- ❖ If you decide to use a more gradual approach:
 1. Delay lighting up a little longer each day.
 2. Ask your pharmacist or doctor about a nicotine patch, gum, lozenges, or prescription pills that may help you stop smoking.
 3. Don't use other types of tobacco instead.

**12.**

goal

Ask for help if you need it.

- ❖ If you want or need help quitting smoking, you can call the toll-free quitline: **1-800-QUIT-NOW or 1-800-784-8669.**
- ❖ A quitline health professional will work with you right away to quit smoking. Ask the quitline professional where you can get free or low-cost nicotine patches or other types of nicotine replacement therapy.

Stress and Depression



How Can I Deal with Stress?

Stress is a part of life. We all have stress at some time or another. But stress can make it hard to eat well and be active. Living with a chronic disease can also add stress to your life. Here are some ways to deal with stress...

1. Know what stresses you out

Are any of these things worrying you?

- ❖ Money issues
- ❖ Your job (or not having a job)
- ❖ Your health
- ❖ Health care expenses
- ❖ Your children or family
- ❖ Problems in your marriage
- ❖ A sick family member or friend



2. Know how you react to stress

What feelings or signs of stress are common for you when you are stressed?

Feelings and Thoughts

- Worrying
- Feeling “down”
- Feeling tense

Behaviors

- Forgetting things
- Unable to get things done
- Nagging
- Bad temper
- Avoiding your friends
- Drinking or smoking more

Physical Signs

- Tired
- Can't sleep
- Headaches
- Skin rashes
- Changes in appetite
- Upset stomach

3. Choose healthy ways to deal with stress

When you're stressed out, you may not feel like you have the time or energy to watch what you eat or be physically active. The good news is that **there are lots of healthy ways to deal with stress.**

When you know what stresses you out and how you react to stress, you can deal with the stress in your life (see *Changing Stressful Situations and Avoiding Stress*, next page). The choices you make will depend on what the stressful situation is and who is involved. Choose the best way for **you**.

Don't smoke, drink alcohol, or eat more than usual when you are stressed. You'll only feel worse.

Stressful situations cannot always be avoided. Here are 8 ways to **cope with stress**:

1. Help your body handle stress by **eating well**.
2. Be **physically active** every day. When you are active, your body releases hormones (called endorphins) that make you happy and give you energy.
3. Take a 10-minute **“time out.”** Go for a walk or do some stretches at your desk or workstation, or pamper yourself for a few minutes.
4. Learn different ways to **relax**, such as deep breathing.
5. **Get support** from friends. Talk about what’s bothering you. Friends can give you a different point of view. (See *Getting Support*, page J-6.)
6. Give yourself **positive messages** every day. Tell yourself, “I’ve done it before and I can do it again.” This will boost your spirits and give you the encouragement you need to face the day.
7. **Pray, meditate** or **worship**.
8. Learn how to **problem-solve** (see *Got Problems?*, page J-5).

Changing Stressful Situations and Avoiding Stress

- ❖ **Plan ahead.** Making a plan of what needs to be done can help you handle or work around a lot of day-to-day stress.
- ❖ **Set goals** you can reach.
- ❖ **Take charge** of your time.
- ❖ **Be realistic** with your schedule.
- ❖ **Let others help!** Share some of your work with others.
- ❖ **Walk away** from people and things that make you tense.
- ❖ **Say “NO”** when you’ve reached your limit. Say “Yes” only when it is important to you.

Relaxation Exercise

To relax, try this simple breathing exercise:

1. Take a full, deep breath.
2. Count to five.
3. Let go of your breath slowly.
4. Let the muscles in your face, arms, legs, and body go completely loose.



Are You Depressed?

Sometimes people are not just stressed out but feel “down” or depressed most of the time. Depression can make it hard to work, sleep, eat, and enjoy pleasant activities.

Who gets depressed?

No one really knows why some people get depressed and others do not. Women are more likely than men to say that they are depressed. For some people, life changes and stressful events can bring on depression. But it is normal to grieve and feel sad when you lose someone close. Stressful events can include:

- ❖ Loss of a spouse, family member, or close friend
- ❖ Relationship difficulties or breakups
- ❖ Care for aging parents
- ❖ Single parenthood
- ❖ Financial problems or unemployment
- ❖ Chronic health problems

How will I know if I am depressed?

Depression can affect your feelings and thoughts, your energy and focus, and even your body. Some of the signs of depression are the same as signs of stress. But if you are depressed, you usually will have several different signs or symptoms that affect you **nearly every day and for most of the day**.

Signs of Depression

Feelings and Thoughts	Energy and Focus	Physical Signs
Low, sad, miserable	Fatigue	No appetite
Anxious, excessive worrying	Heaviness	Can't stop eating
Withdrawn, quiet, alone	Hard to concentrate	Can't sleep
Feelings of loss	Disorganized	Early waking
Afraid	No motivation	Oversleeping
Crying easily	Listless	Body aches
Helpless		
Obsessed with the past		
Agitated, tense, irritable		
Angry, hateful		
Feeling guilty		
Self-critical, low self-esteem		
Feeling like a failure, worthless		
Hopeless, unbearable		
Feeling dead or empty inside		
Hating life, hoping or planning to die		

Where can I get help?

If you think you are depressed, getting help is important! **See your doctor** and tell him or her about your feelings or signs of depression. It is also important to find out whether your depression symptoms might be caused by a medical problem (such as thyroid issues). The symptoms may also be a normal response to a major loss.

- ❖ If you do not have a doctor, check the Yellow Pages under “physicians,” “hospitals,” “mental health,” “social services,” “hotlines,” or “crisis intervention services.”

What else can I do to help with depression?

- ❖ Set **realistic goals**.
- ❖ Do what you can as you can. Break large tasks into small ones and **set priorities**.
- ❖ Try to be with **other people**.
- ❖ **Talk to** someone.
- ❖ Let your **family and friends** help you. (See *Getting Support*, page J-6.)
- ❖ **Participate** in activities that make you feel better (such as exercise, movies, ballgames, church, and social activities).
- ❖ Don't make important decisions **until your depression has lifted**.

You probably won't “snap out of” a depression right away. But, with time and help, you can feel a little better day by day.

Remember, feeling better takes time!



Got Problems?

Here are some ideas for solving problems.

Take a look at your feelings and the problem.

- ❖ Don't try to solve a problem while you are upset or angry. Let strong feelings run their course first. To find a solution, you need to be able to **think clearly**.
- ❖ **Remember your goal** or what you want to do. If you have a goal in mind, you are more likely to solve problems that get in your way.
- ❖ Be **strong** and **positive**. Don't make up excuses not to solve your problems.

Take small steps towards solving the problem.

Most problems don't solve themselves! Follow these five simple problem-solving steps:

1. Describe your problem in detail.

- Be specific: If you can say exactly what your problem is, you have already solved part of it.
- Think back: What led up to the problem?
- See the links in the chain: Identify thoughts or feelings that get in your way, people who don't support you, or things that make you eat more or be less active.

2. Think about things that might help solve your problem or make it easier to deal with.

- Be creative: Come up with as many ways or ideas as you can. You may find more than just one solution!
- Ask for help: If you need others to help you find a solution, ask for their help or advice.

3. Pick one option.

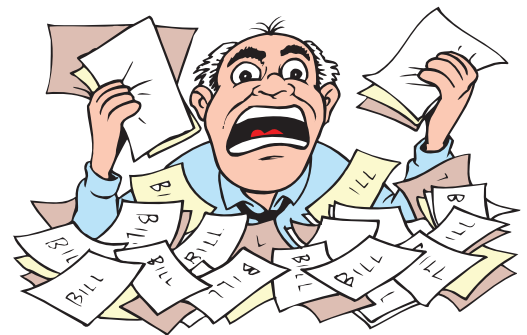
- Review your possible solutions: Think about the pros and cons of each.
- Be realistic: Choose an idea that is likely to work and that you can do.

4. Plan for roadblocks.

- Think ahead: What roadblocks might come up?
- Plan ahead: Write down how you will handle roadblocks.

5. Act! Try one of the solutions.

- Give it your best shot: Decide if it helped. If no, what went wrong?
- Problem-solve again: If the first solution did not help, try another solution, and another...



Getting Support

We all need help or support at one time or another in our lives. Support can mean:

- ❖ Knowing that family and friends **care about you**.
- ❖ Having someone give you a **helping hand**.

Sometimes asking for help can be hard. Here are ways to help you feel comfortable asking for support and getting the type of support you need.

1. Know where to find support.

Look at the list below and think about where **you** get your support.

- ❖ Family
- ❖ Friends
- ❖ Church and community
- ❖ Healthcare providers (doctors, nurses, dietitians, etc.)
- ❖ God (a spiritual power)



2. Get the support you need.

Decide how you would like to be supported by your friends, family, medical team, and others.

- ❖ Do you want them to be relaxed, serious, or somewhere in between?
- ❖ Do you want them to listen, take your mind off your troubles, or give you guidance?

3. Let them know what will help you most.

Tell them **what** you need and **why** (don't expect them to be able to read your mind).

4. Accept help from others.

If it is hard for you to ask for help, think about how good it makes people feel to help a friend in need.

5. Say "Thank You."

When you do, people are more likely to offer you support again.

6. Give support to others.

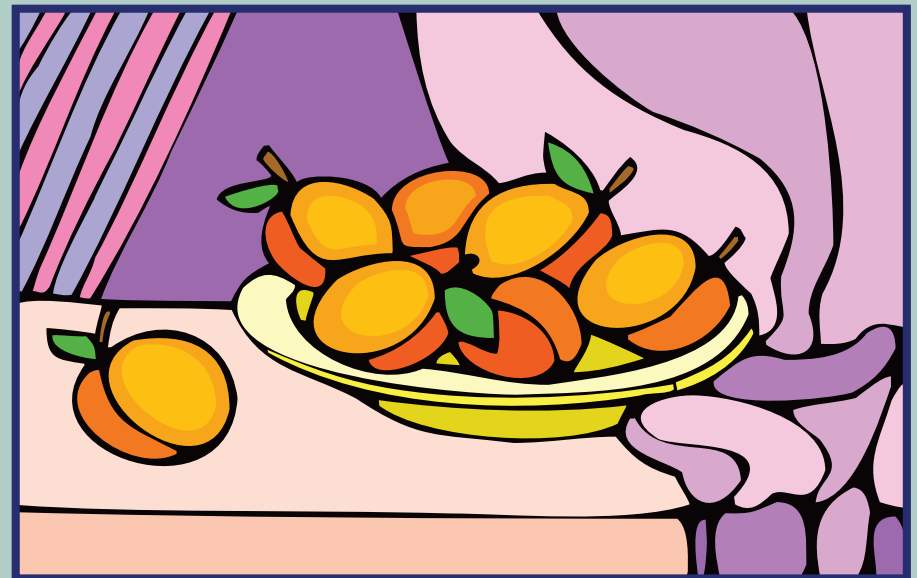
It will come back to you when you need it.

**Getting support is not a sign of weakness.
It's the reason strong people are strong.**



New Leaf Cookbook

Choices for Healthy Living



A New Leaf

Choices for Healthy Living



Southern Style Recipes

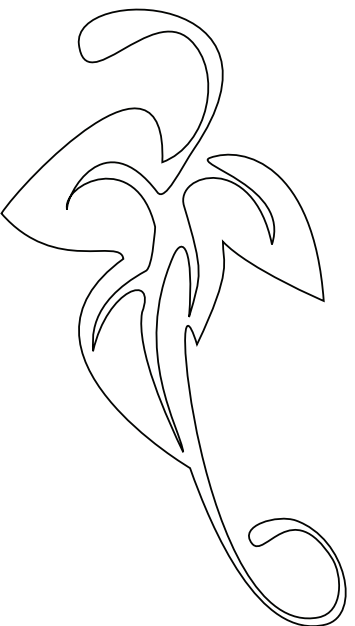
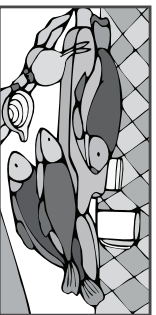


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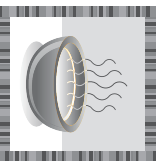
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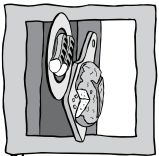
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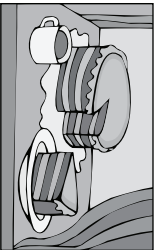
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A New Leaf

Choices for Healthy Living



Southern Style Recipes

“Eating Right” doesn’t have to mean eating foods you don’t enjoy. In this book you’ll find recipes and cooking tips that will help you prepare some of your favorite dishes in a way that’s better for your health. We’ve made a few healthy changes but kept the taste in some classic southern recipes. You’ll also find some recipe ideas contributed by respected cooks from around the state. Be brave and try something new!

With this book you can try the old southern standbys or be adventurous and experiment with something a little different. Either way, you’ll find both good taste and good health. Think about using these recipes to prepare a special meal or treat for friends or family. “Lovin’ from the oven” that’s tasty **and** healthy really lets people know you care!

The next time you go to the grocery store or farmers’ market, look out for foods grown and produced in and around the state. By choosing locally grown foods, you will be helping to support the communities around you. Not only that, the fruits and vegetables you buy will often be fresher and taste better since they were grown and picked closer to you!

Make the Switch When You Cook

Instead of this...	Try this...
Butter, Lard, or Shortening to Fry, Sauté or Stir-fry	Bake, broil or grill instead of frying Vegetable oil, olive oil or canola oil whenever possible or trans fat-free margarine Vegetable cooking oil spray and/or a nonstick pan
Butter, Lard or Shortening for Baking	¼-½ less liquid oil or solid fat called for in the recipe Equal amounts of oil if the recipe calls for melted butter, shortening or margarine Applesauce for half to all of the butter or shortening (may slightly reduce baking time)
Shortening or Hard Stick Margarine (made with hydrogenated vegetable oils or partially hydrogenated vegetable oils)	Use nonstick cooking oil spray instead of other fats to “grease” the pan Trans fat-free tub or squeeze margarine Trans fat-free shortening
Oil for Baking	¼-½ less oil called for in the recipe Applesauce or prune puree for half to all of the oil in the recipe (may slightly reduce baking time)
White Flour	Whole wheat flour for ¼ to ½ the amount of white flour in the recipe Whole wheat pastry flour for all the white flour in the recipe
Bacon	Lean ham or Canadian bacon
Whole Milk	Low-fat or skim (nonfat) milk
Heavy Cream	Low-fat or skim (nonfat) milk thickened with flour Evaporated skim (nonfat) milk
Cream Cheese	Reduced-fat or nonfat cream cheese
Ice Cream	Frozen yogurt, ice milk, popsicles or sherbet are good substitutes

Instead of this...	Try this...
Cheese	Cut the amount of cheese called for in the recipe by half Smaller amounts of a sharper cheese for stronger flavor (like sharp cheddar cheese instead of a mild or medium cheddar cheese) Mozzarella cheese (lower-fat cheese) Low-fat cheese or cheese made with part-skim milk
Sour Cream	An equal amount of plain yogurt (in heated recipes, also add 1 teaspoon cornstarch per recipe) Fat-free sour cream Buttermilk (buttermilk contains no butter and is almost always low-fat)
Whipped Cream	Low-fat vanilla yogurt Fat-free whipped topping Evaporated skim (nonfat) milk, whipped (chilled for best results)
Whole Egg (1) Whole Eggs (2)	2 egg whites or ¼ cup egg substitute 1 whole egg plus 2 egg whites or 4 egg whites or ½ cup egg substitute
Icing on Cakes	Sprinkle with powdered sugar Glaze made with powdered sugar, skim (nonfat) milk and vanilla or almond extract
Hamburger	Very lean meat or ground turkey (you can also mix half ground beef and half ground turkey)
Side Meat to Season Vegetables	Vegetable oil and low-sodium bouillon or a little lean meat like lean ham or smoked turkey Also for some extra spice, try adding salsa to beans or season with onions and green pepper For cooked greens, add vinegar and a little bit of vegetable oil (optional)
Chocolate (1 square)	4 tablespoons of cocoa powder
Garlic Salt or Onion Salt	Garlic powder or onion powder

What Am I Eating?

With each recipe, you will find a list of nutrient values. These nutrient values will help you learn more about the recipes you are cooking. Each value is based on **one serving** of the recipe, so be sure to look and see how much equals one serving. Generally, these recipes are low in fat and saturated fat with less than 30% of calories from fat and less than 10% of calories from saturated fat. These recipes are also low in cholesterol, and most are low in sodium.

Sodium Lowering Tips

The recipes with a * are high in sodium. If you are trying to eat a diet low in sodium, reduce the amount of sodium in recipes by one or more of these suggestions:

- ✿ Choose “Low Sodium,” “Reduced Sodium,” or “No Added Salt” versions of foods when possible. Examples include:
 - Low-sodium tomato sauce or paste
 - Low-sodium broths, soups or bouillon
 - Low-sodium soy sauce
 - Low-sodium canned vegetables
 - No added salt canned tuna or crackers
 - Low-sodium cheeses
- ✿ Instead of adding salt, add herbs, spices, vinegar, lemon juice or other fruit juices to flavor your food!
- ✿ Try to reduce salt by half when cooking (this will work in most recipes except those with yeast).
- ✿ Drain and rinse off regular canned vegetables, beans and tuna well before adding them to recipes.
- ✿ When boiling pasta, rice or vegetables, do not add salt to the water. It does not help to speed up the cooking time!
- ✿ Choose fresh or frozen vegetables without sauces.
- ✿ Use a salt substitute or low-sodium seasonings instead of salt (try Mrs. Dash® or other salt substitutes). Salt substitutes are best added at the table, not while cooking.
- ✿ Natural cheeses have less sodium than processed cheeses, but use sparingly.
- ✿ If unsalted bouillon cubes or powder are not available, use half the amount of the regular bouillon.

You can also find information under the topic **“Spice It Up Without Salt”** in *A New Leaf: Choices for Healthy Living* manual under the **“Healthy Eating”** section.

Quick Cooking Tips

For more ideas, see the topics “*Eating Healthy on a Budget*” and “*Cooking for One or on the Run*” in the *A New Leaf: Choices for Healthy Living* manual.

Vegetables:

- ❖ Steam, boil, grill, roast, bake, stir-fry or microwave your fresh vegetables!
- ❖ Use frozen vegetables for faster cooking (follow directions on the bag to cook).
- ❖ You can use canned vegetables too, but look for vegetables with little or no added salt. Drain off the liquid from the can before using.
- ❖ Throw in some frozen vegetables to frozen dinners and soups when heating up.

Cooking Brown Rice:

- ❖ Look at the instructions on the brown rice package for cooking directions.
- ❖ In general, 1 cup of brown rice yields 3 cups of cooked rice.
- ❖ Brown rice may need a little more water when cooking than white rice.
- ❖ For faster cooking, follow these directions (to cook 1 cup of brown rice):
 1. In a pot (a nonstick pot with a clear lid works best) soak 1 cup of brown rice in 2 cups of water for 1 hour.
 2. On the stove, bring the contents in the pot to a boil before turning down the fire to low (or until just simmering). Keep the lid on.
 3. Cook for 30 minutes, then turn the stove off and let the pot sit for 5 minutes covered. Fluff with a fork and serve!

Note: To cook 2 cups of brown rice, soak with 4 cups of water in a pot for 1 hour. Then follow the same directions as above!

Beans:

- ❖ Soak dry beans overnight in water. Or, bring dry beans with water to a boil in a pot, then turn off the stove. Let beans sit in the pot (covered) for at least 1 hour. Drain and throw away this soaking water before using the beans. Cook until tender.
- ❖ Use canned beans instead of dry beans (make sure you drain and rinse the beans well!).
- ❖ Microwave: Add 3 cups of water to 1 cup of soaked beans in a 4-quart microwaveable dish. Cover and cook on HIGH for 10–15 minutes or until

boiling. Stir and microwave on MEDIUM (50% power) for 25-35 minutes, stirring every 15 minutes until tender.

- ❖ To substitute canned beans in recipes, note:
 - One 15 ounce can of beans = 1½ cups cooked dry beans drained
 - 1 cup dry beans = 3 cups cooked beans, drained
 - 1 pound dry beans = 2 cups dry beans

Homemade Bread Crumbs:

- ❖ Chop up bread slices into cubes, then throw into a blender or food processor for several seconds to make into bread crumbs.
- ❖ Works well using whole wheat, rye, sourdough, leftover cornbread or slightly stale bread.
- ❖ Make bread crumbs just before adding to recipe.

Meal Ideas

Instead of just using one recipe, try putting New Leaf recipes together to make up a meal! Here are just some examples:

Breakfast

Juice or milk
Applesauce Oatmeal
“Scrambled eggs” using Homemade Egg Substitute
Fresh fruit

Lunch

Terrific Tuna Salad Sandwich made with whole grain bread
Tangy Broccoli Salad
Fresh fruit

Dinner

Fresh Greens, Southern Style
Crispy Baked Chicken
Brown rice
Apple Crisp

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Graphic Design and Production

People Designs

UNC Printing Services

We would like to thank the individuals, organizations, and authors who have permitted us to reprint their recipes in this cookbook:

Sonja L. Connor, MS, RD and William E. Connor, MD; The New American Diet. Copyright 1986, Simon and Schuster.

Ruth Eshleman and Mary Winston, American Heart Association Cookbook 4th Edition, Copyright 1984, David McKay Company Inc.

Pawtucket Heart Health Program, Recipes From the Heart of Pawtucket, Second Edition, Walter's Publishing Company.

Nutrition Staff, Craven County Health Department, New Bern, North Carolina.

Fitzpatrick, Nancy J., Harvey, Ann H. and Hooper, Lisa A., The Healthy Heart Cookbook, Third Printing, Copyright 1992, Oxmoor House Inc.

Cheryl L. Atkinson, Soul Food Cooking: The Heart Healthy Way, Louisiana Office of Public Health, Nutrition Services Section, 1995.

Alice Ammerman, Kathy Bramble, Beverly Garcia, Scott Ickes, Sara Lindsley, Barbara Macon, Jenny Merkwán, North Carolina Cooperative Extension Service staff for recipe ideas, and North Carolina Memorial Hospital Medicine Clinic staff for participating in the Biscuit Bake-Off.

Supported in part by funding from:

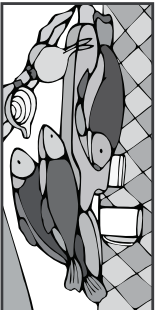
The Centers for Disease Control and Prevention

The National Heart, Lung, and Blood Institute

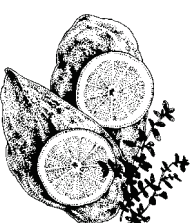
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Center for Health Promotion and Disease Prevention



Main Dishes




Chicken

Crispy Baked Chicken

Serves: 6

- 1 frying chicken (2½ to 3 pounds) cut into serving pieces (skin removed)
- 1 cup low-fat milk or buttermilk
- 1 cup crushed corn flakes
- 1 teaspoon rosemary
- pinch of pepper

Directions

1. Remove all skin from the chicken.
2. Rinse and dry the pieces thoroughly.
3. Dip in milk.
4. Mix corn flake crumbs with rosemary and pepper.
5. Roll chicken pieces in the seasoned crumbs.
6. Place chicken in an oiled baking pan lined with foil for easy cleanup. Do not crowd: the pieces should not touch. Crumbs will form a crisp “skin” as it bakes.
7.  Bake at 400° for about 45 minutes.

Nutrient Values

Serving size:
1 piece

Calories: 192

Fat: 7g

Saturated Fat: 2g

Carbohydrate: 6g

Cholesterol: 75mg

Dietary Fiber: 0g

Sodium: 138mg


Note: Nutrient values may differ depending on the piece of chicken.

Chicken and Broccoli With Mushroom Sauce

Serves: 6

- 1 (10-oz.) package frozen broccoli
- 1 pound cooked chicken, sliced (or 2 cups cooked chicken or turkey)
- 1 tablespoon butter or tub margarine
- 3 tablespoons flour
- 1 cup chicken broth
- 1 (4-oz.) can mushroom slices, with liquid
- 2 tablespoons chopped parsley
- 2 tablespoons bread crumbs
- cooking oil spray

Directions

- 1 Cook broccoli according to package directions and place in a shallow pan that has been lightly oiled with cooking oil spray. Cover with cooked chicken.
2. Mix butter or tub margarine and flour together in saucepan. Cook briefly over medium heat.
3. Blend in chicken broth, stirring constantly until thickened and smooth.
4. Stir in mushrooms and their liquid, then season to taste. Pour over broccoli and chicken.
5. Top with parsley and bread crumbs. Bake uncovered until bubbly and brown.
6.  Bake at 375° 15–25 minutes.

Nutrient Values

Serving size:
1 cup
Calories: 207
Fat: 8g
Saturated Fat: 2g
Carbohydrate: 8g
Cholesterol: 67mg
Dietary Fiber: 2g
Sodium: 364mg


To make your own bread crumbs, see “Quick Cooking Tips” on page 13.

Chicken Italiano

Serves: 6

- 1 chicken fryer, 2–3 pounds
- 1 teaspoon salt or salt substitute
- ½ teaspoon pepper
- ¼ cup flour
- 1 tablespoon oil
- 1 clove garlic finely chopped
- 1 onion, chopped
- 1 teaspoon dry sweet basil
- 1 can (16-oz.) tomatoes with liquid
- ¼ cup water
- ½ cup dry white wine (optional)
- 1 teaspoon oregano
- 1 tablespoon chopped fresh parsley
- ¼ pound fresh mushrooms, sliced

Directions

1. Cut up chicken and remove skin.
2. Season with salt and pepper and coat with flour. Brown on all sides in oil.
3. Add remaining ingredients except mushrooms to pan.
4. Cover and simmer for 30 minutes.
5. Add mushrooms and cook until chicken and mushrooms are tender—about 5 minutes.
6.  Total cooking time about 60 minutes.

Nutrient Values

- Serving size:** 1 piece
- Calories:** 220
- Fat:** 8g
- Saturated Fat:** 2g
- Carbohydrate:** 10g
- Cholesterol:** 65mg
- Dietary Fiber:** 2g
- Sodium:** 76mg

Note: Nutrient values may differ depending on the piece of chicken.



Fish and Seafood

Crispy Baked Fish

Serves: 5


1 pound fish fillets (fresh or frozen, thawed)

1 tablespoon oil

$\frac{3}{4}$ cup crushed corn flakes

pinch of pepper

Directions

1. Wash and dry fillets and cut into serving pieces.
2. Season to taste with pepper.
3. Dip in oil and coat with corn flake crumbs. Arrange in a single layer in a lightly oiled shallow baking dish.
4.  Bake at 500° for about 10 minutes without turning.

Nutrient Values

Serving size:
3 ounces

Calories: 123

Fat: 4g

Saturated Fat: 1g

Carbohydrate: 4g

Cholesterol: 48mg

Dietary Fiber: 0g


Sodium: 118mg

Zesty Broiled Fish

Serves: 5

- 1 (1-pound) pkg. frozen fish, thawed
- ½ tablespoon vegetable oil
- 3 tablespoons lemon juice
- ¼ teaspoon dry mustard
- ½ tablespoon butter or tub margarine, melted
- dash of pepper
- 1 teaspoon Worcestershire sauce
- 1 teaspoon chili powder
- 1 clove garlic, crushed
- ¼ teaspoon salt
- 2 tablespoons fresh parsley, chopped

Directions

1. Rinse fish fillets with cold water and pat dry.
2. Place in a lightly oiled 12x8x2-inch dish.
3. Combine lemon juice and next 7 ingredients; stir well and pour over fish.
4. Broil 6 inches from heat for 5 minutes or until fish flakes easily when tested with a fork.
5. Transfer fish to a serving platter; spoon cooking juices over top and sprinkle with parsley.
6.  Broiling time about 5 minutes.

Nutrient Values

Serving size:
3 ounces
Calories: 110
Fat: 4g
Saturated Fat: 1g
Carbohydrate: 1g
Cholesterol: 48mg
Dietary Fiber: 0g
Sodium: 162mg


Savory Baked Fish

Quick and easy!

Serves: 10

- 2 pounds fresh or frozen fish fillets
- ¾ cup thinly sliced onions
- 1 tablespoon oil
- 1 tablespoon lemon juice
- 1 can black olives, drained and sliced
- 2 tablespoons chopped parsley
- pepper and garlic powder to taste
- ½ cup soft bread crumbs

Directions

1. Thaw fillets and cut into serving size pieces.
2. Sauté sliced onion in oil.
3. Place fish in a lightly oiled baking dish and sprinkle with lemon juice.
4. Top with cooked onions and olive slices. Sprinkle with pepper, garlic powder, parsley and bread crumbs.
5. Cover with foil and bake until fish flakes easily with a fork.
6.  Bake at 350° for 20–30 minutes.

Nutrient Values

Serving size:
3 ounces
Calories: 128
Fat: 3g
Saturated Fat: 1g
Carbohydrate: 5g
Cholesterol: 48mg
Dietary Fiber: 1g
Sodium: 180mg


To make your own bread crumbs, see “Quick Cooking Tips” on page 13.

Tuna Noodle Casserole

Serves: 8

- 3 cups cooked whole wheat noodles
- ½ small onion, chopped
- ¼ cup sliced mushrooms
- 1 (6½-oz.) can water-packed tuna (drained)
- 1 can mushroom soup
- 1 (16-oz.) can unsalted green beans
- ¼ teaspoon salt or salt substitute
- pepper to taste
- ½ cup crushed Rice Krispies®

Directions

1. Boil noodles according to package directions until tender. Drain and set aside.
2. Steam onions and mushrooms in a small amount of water until onions are transparent. Drain and add to noodles.
3. Drain tuna and flake.
4. Combine tuna with noodle mixture, mushroom soup, seasonings and green beans.
5. Transfer to a lightly oiled baking dish and sprinkle with crushed cereal. Bake until heated through.
6.  Bake at 325° for 15–20 minutes.

Nutrient Values

Serving size: 1 cup
Calories: 150
Fat: 3g
Saturated Fat: 1g
Carbohydrate: 22g
Cholesterol: 27mg
Dietary Fiber: 3g
Sodium: 274mg

Terrific Tuna Salad

Serves: 2

- 1 can tuna, packed in water, drained
- 2 tablespoons diced celery
- 1 tablespoon fat-free ranch dressing

Directions:

1. Combine tuna, celery, and ranch. Mix well.
2. Serve on top of lettuce or in a sandwich.

Nutrient Values
Serving size: 1/2 cup
Calories: 92
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 5g
Cholesterol: 39mg
Dietary Fiber: 0g
Sodium: 353mg

Try using the low-fat Ranch Dressing recipe on page 102.

Salmon Patties

Serves: 4

- 1 (15.5-oz.) can red salmon, drained
- 1 medium onion, diced
- ½ medium green bell pepper, diced
- 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley
- ½ tablespoon lemon juice
- 1 egg white
- ½ cup bread crumbs (made from 3 slices whole wheat bread)
- ¼ teaspoon pepper
- 2 tablespoons oil

Directions:

1. In a medium bowl, break the salmon into small pieces with a fork. Remove the skin and bones, if desired.
2. Add the onion, bell pepper, parsley, lemon juice, egg white, bread crumbs and pepper. Mix well and form into 4 patties.
3. Heat the oil in a medium skillet and cook the patties over medium heat. Brown for 3 minutes on each side and serve.

To make your own bread crumbs, see “Quick Cooking Tips” on page 13.

*Note: To reduce the sodium in this recipe see the tips on page 12.


Nutrient Values
Serving size: 1 patty
Calories: 326
Fat: 20g
Saturated Fat: 3g
Carbohydrate: 14g
Cholesterol: 70mg
Dietary Fiber: 2g
Sodium: 598mg *

Shrimp Jambalaya

Serves: 6

- 1 cup green peppers, chopped
- ½ cup onion, chopped
- 2 cloves garlic, finely chopped
- ¼ cup oil
- 1 (16-oz.) can tomatoes
- 1½ cup water
- 1 cup rice, uncooked
- ½ teaspoon thyme
- dash of pepper
- 1 bay leaf
- ¼ teaspoon garlic powder
- ¼ cup parsley, chopped
- 1 pound shrimp, cooked and shelled

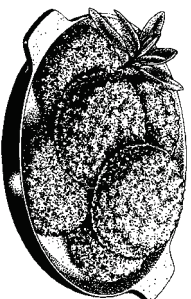
Directions:

1. Sauté green peppers, onions and fresh garlic in oil until tender.
2. Add remaining ingredients except shrimp and parsley.
3. When rice is tender (25–30 minutes), add parsley and shrimp and heat.
4. Remove bay leaf before serving.
5.  Total cooking time about 30 minutes.

Nutrient Values

Serving size:
1 cup
Calories: 285
Fat: 10g
Saturated Fat: 2g
Carbohydrate: 33g
Cholesterol: 108mg
Dietary Fiber: 2g
Sodium: 249mg

Beef and Pork




“Sausage” Patties

Serves: 8

- 1 pound lean ground beef
- ¼ teaspoon sage
- 1 tablespoon lemon juice
- ¼ teaspoon ginger
- ¼ cup dry bread crumbs
- 1 beef bouillon cube dissolved in ½ cup boiling water
- ½ teaspoon salt or salt substitute
- ¼ teaspoon pepper

Directions:

1. Thoroughly mix together all of the above ingredients. Let stand for 15 minutes.
2. Form into 8 patties about ¾ inch thick.
3. Brush a heavy skillet lightly with oil, and set over heat for a couple of minutes.
4. Add sausage patties and cook 7–8 minutes per side. Serve hot.
5.  Preparation time about 45 minutes.

Nutrient Values

Serving size:
One 2 ounce patty
Calories: 133
Fat: 9g
Saturated Fat: 3g
Carbohydrate: 3g
Cholesterol: 34mg
Dietary Fiber: 0g
Sodium: 315mg


To make your own bread crumbs, see “Quick Cooking Tips” on page 13.

Spanish Rice

Serves: 8

- 1 small onion, chopped
- ½ green pepper, chopped
- 1 tablespoon oil
- 1 pound 90% lean ground beef
- pinch of black pepper
- 1 tablespoon prepared mustard
- 2 tablespoons catsup
- 3 cups cooked rice (brown or white)
- 1 (28-oz.) can tomatoes
- 1 tablespoon Worcestershire sauce

Directions:

1. Sauté onion and green pepper in oil until soft.
2. Add ground beef and seasonings, stirring until meat loses its pink color.
3. Stir in the cooked rice, tomatoes, and Worcestershire sauce.
4. Mix thoroughly. Reduce heat, cover and simmer for 15 minutes.
5.  Total preparation time about 45 minutes.

Nutrient Values


Serving size:
1 cup
Calories: 211
Fat: 6g
Saturated Fat: 2g
Carbohydrate: 25g
Cholesterol: 32mg
Dietary Fiber: 2g
Sodium: 279mg

Macaroni-Beef Skillet Supper

Serves: 6

- 1 cup elbow macaroni
- 1 pound 90% lean ground beef
- 1 cup onions, chopped
- 1 clove garlic, mashed
- 1 tablespoon oil
- pinch of black pepper
- 1 (8-oz.) can tomato sauce
- 1 cup catsup
- 1 (8-oz.) can mushroom stems and pieces
- 2 tablespoons Worcestershire sauce
- ½ teaspoon Italian seasoning

Directions:

1. Cook macaroni in boiling water according to package directions. Drain and set aside.
2. Sauté the meat, onion and garlic in oil until the meat loses its pink color and the onions are tender.
3. Add pepper, tomato sauce, catsup, mushrooms, Worcestershire sauce and Italian seasoning.
4. Bring mixture to a boil, then simmer gently for about 5 minutes.
5. Mix in the cooked macaroni and simmer another 5 minutes.
6.  Total preparation time about 45 minutes.

Nutrient Values

Serving size:
1 cup
Calories: 321
Fat: 11g
Saturated Fat: 4g
Carbohydrate: 36g
Cholesterol: 45mg
Dietary Fiber: 3g
Sodium: 955mg *

*Note: To reduce the sodium in this recipe see the tips on page 12.


Easy Oven Lasagna

Faster using uncooked noodles!

Serves: 12

- ¼ pound ground turkey or lean beef
- ¾ cup water
- 4 cups Italian sauce (see page 106)
- 8 ounces uncooked lasagna noodles
- 1 cup low-fat cottage cheese
- ¾ cup sliced part-skim Mozzarella
- ¼ cup grated Parmesan cheese

Directions:

1. Brown meat and drain off fat.
2. Add water and Italian sauce; bring to a boil. Remove from heat.
3. In a lightly oiled 9x13-inch dish, layer sauce, uncooked lasagna noodles, cottage cheese, Mozzarella cheese. Repeat layers, ending with sauce and Parmesan cheese. (The sauce will be runny.)
4. Cover with foil before baking. After baking, let stand 5–10 minutes before cutting into squares.
5.  Bake at 375° for 60 minutes.

Nutrient Values

Serving size: 3x4
inch piece
Calories: 185
Fat: 5g
Saturated Fat: 2g
Carbohydrate: 23g
Cholesterol: 13mg
Dietary Fiber: 2g
Sodium: 713mg *

*Note: To reduce the sodium in this recipe see the tips on page 12.

Tamale Pie

Serves: 6

- ½ pound 90% lean ground beef
- ¾ cup onion, chopped
- 1 clove garlic, finely chopped
- 1 (16-oz.) can pinto or kidney beans, drained
- ¼ cup black olives, drained and sliced
- 1 (16-oz.) can whole kernel corn, drained
- ½ cup chopped green pepper
- 2 (8-oz.) cans tomato sauce
- 2 teaspoons chili powder
- 2–3 tablespoons taco sauce or salsa

Directions

1. Brown beef with onions and garlic.
2. Drain fat before adding the remaining ingredients.
3. Pour into a lightly oiled 10x10-inch baking pan. Prepare topping.


Note: One serving of Tamale Pie equals one serving of vegetables.

***Note:** To reduce the sodium in this recipe see the tips on page 12.

Topping

- 1 cup yellow cornmeal
- ¼ teaspoon salt or salt substitute
- 2½ cups water
- ½ cup grated part-skim Mozzarella

Directions

1. In saucepan combine cornmeal, water, and salt.
2. Bring mixture to a boil, stirring constantly until it thickens slightly.
3. Spoon over top of meat/vegetable mixture. Sprinkle with cheese for the last 15 minutes of baking time.
4.  Bake at 375° for 60 minutes.

Nutrient Values


- Serving size:** 3x5 inch piece
- Calories:** 341
- Fat:** 9g
- Saturated Fat:** 4g
- Carbohydrate:** 48g
- Cholesterol:** 28mg
- Dietary Fiber:** 8g
- Sodium:** 1122mg *

Texas Hash

Serves: 8

- 3 large onions, chopped
- 1 large green pepper, chopped
- 1 tablespoon oil
- ½ pound ground turkey
- 2 cups uncooked macaroni
- 2 cans tomatoes (16-oz. size)
- ½ cup water
- ½ teaspoon salt or salt substitute
- ½ teaspoon pepper
- 1 teaspoon chili powder

Directions:

1. Sauté onions and peppers in oil until slightly tender.
2. Add turkey and cook until meat begins to brown, stirring often.
3. Add remaining ingredients and transfer to an oiled casserole dish.
4. Bake covered for the first 30 minutes.
5. Remove cover for the last 15–20 minutes of cooking time.
6.  Bake at 350° 45–50 minutes.

Nutrient Values

Serving size:
1 cup
Calories: 240
Fat: 6g
Saturated Fat: 1g
Carbohydrate: 36g
Cholesterol: 19mg
Dietary Fiber: 4g
Sodium: 354mg

Chili

Serves: 6

- 1 cup chopped onion
- 3 cloves garlic, minced
- ½ pound 90% lean ground beef
- 1 cup water
- ½ cup diced green pepper
- 2 tablespoons chili powder
- 1½ teaspoons ground cumin
- 2 (14.5-oz.) cans no-salt-added stewed tomatoes, undrained
- 1 (15-oz.) can red kidney beans, drained and rinsed well
- 1 (15-oz.) can garbanzo beans, drained and rinsed well
- ¼ cup fat-free sour cream
- cooking oil spray

Directions:

1. Coat a large pot with cooking oil spray; place over medium heat until hot.
2. Add onion and garlic; sauté 5 minutes.
3. Add meat and brown. Pour off fat.
4. Add water and next 6 ingredients; bring to a boil.
5. Reduce heat; simmer, uncovered, 30 minutes.
6. Ladle into individual soup bowls; top with sour cream.

Nutrient Values

- Serving size:**
1 cup
- Calories:** 310
- Fat:** 6g
- Saturated Fat:** 2g
- Carbohydrate:** 46g
- Cholesterol:** 25mg
- Dietary Fiber:** 13g
- Sodium:** 490 mg

Pork Chops With Apricot Sauce

Serves: 6

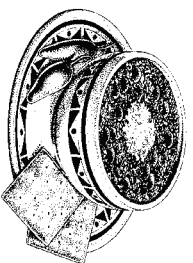
- ½ cup apricot fruit spread or jam
- 1 tablespoon orange juice
- 1 teaspoon crushed red pepper
- 6 (5–6-oz.) lean center-loin pork chops, ½ inch thick
- 1 medium green pepper, seeded and cut into thin strips
- 1 medium red pepper, seeded and cut into thin strips
- ½ small onion, cut into thin slices
- cooking oil spray

Directions:

1. Combine fruit spread or jam, orange juice, and crushed red pepper in a saucepan.
2. Cook under medium heat until fruit spread melts, stirring constantly.
3. Remove from heat. Trim fat from pork chops. Coat a large nonstick skillet with cooking oil spray; place over medium-high heat until hot.
4. Add chops and cook until browned on both sides. Drain and pat dry with paper towels.
5. Transfer chops to a 13X9-inch baking dish. Coat chops well with apricot glaze, saving any leftover glaze.
6. Cover and bake at 350° for 30 minutes.
7. Add peppers and onions and bake, uncovered, for an additional 15 minutes or until pork chops are tender, brushing with glaze frequently. Serve with brown rice.

Nutrient Values

Serving size: 1 pork chop with about ½ cup of vegetables
Calories: 274
Fat: 8g
Saturated Fat: 3g
Carbohydrate: 18g
Cholesterol: 88mg
Dietary Fiber: 1g
Sodium: 101mg



Beans

White Bean, Tomato and Onion Salad

Serves: 4

- 2½ cups diced unpeeled tomatoes (about 1 pound)
- ¼ teaspoon of salt
- 1½ tablespoons fresh lemon juice
- 2 teaspoons olive oil
- ¼ teaspoon black pepper
- ⅛ teaspoon crushed red pepper
- ¼ cup finely chopped onion
- 1 clove garlic, minced
- ¼ cup chopped fresh basil
- 2 tablespoons finely chopped parsley
- 1 (15-oz.) can white kidney beans, drained and rinsed well

Directions:

1. Place tomatoes in a colander; sprinkle with salt and let drain 1 hour.
2. Combine lemon juice, olive oil, black pepper, crushed red pepper, onion and garlic in a large bowl, and stir well.
3. Add tomato, basil, parsley, and beans, and toss well.

Nutrient Values

Serving size:
1 cup
Calories: 131
Fat: 3g
Saturated Fat: 0g
Carbohydrate: 20g
Cholesterol: 0mg
Dietary Fiber: 6g
Sodium: 174mg

Red Beans and Rice

Serves: 6

- 1 medium onion, chopped
 - 2 green peppers, chopped
 - 2 cloves garlic, minced
 - 2 tablespoons olive oil
 - 2 cups chopped tomatoes
 - ½ cup white wine
 - 1 tablespoon vinegar
 - 1 tablespoon sugar
 - 1 bay leaf, crumbled
 - 2 teaspoons chili powder
 - 3 cups cooked kidney beans (or 2 15-oz. cans kidney beans, drained and rinsed well)
- Salt and pepper to taste

Directions:

1. Sauté onions, green peppers and garlic in oil 3 minutes or until transparent.
2. Add tomatoes.
3. Stir in wine, vinegar, sugar and spices.
4. Add kidney beans and stir.
5. Simmer, stirring occasionally, about 15 minutes.
6. Serve over cooked brown rice.

Nutrient Values

Serving size:
½ cup
Calories: 202
Fat: 6gmn
Saturated Fat: 1g
Carbohydrate: 28g
Cholesterol: 0mg
Dietary Fiber: 7g
Sodium: 278mg

Lentils Over Rice

Serves: 4

- 1 large onion, chopped
- 1 carrot, chopped
- 1 tablespoon oil
- ½ teaspoon thyme
- ½ teaspoon marjoram
- 1 cup lentils, uncooked
- 2 (8-oz.) cans tomato sauce
- 1 cup wine (red or white)
- 2 cups chicken broth
- 1 cup water
- ¼ cup parsley, chopped

Directions:

1. In large pot, sauté onions and carrots in oil for 3 minutes.
2. Add thyme and marjoram and cook another minute or two.
3. Add remaining ingredients and simmer for 1 hour.
4. Serve hot over brown rice.

Nutrient Values

- Serving size:**
1 cup with
½ cup rice
- Calories:** 410
- Fat:** 5g
- Saturated Fat:** 1g
- Carbohydrate:** 65g
- Cholesterol:** 0mg
- Dietary Fiber:** 14g
- Sodium:** 1523mg*

*Note: To reduce the sodium in this recipe see the tips on page 12.

Bean Tacos

Serves: 3

3 taco shells

$\frac{3}{4}$ cup refried beans (try fat-free canned)

chopped cucumber

shredded lettuce

chopped tomato


chopped raw onion

chopped green pepper

$\frac{1}{4}$ cup shredded low-fat cheese

$\frac{1}{4}$ cup Mexican Tomato Sauce (Recipe page 106)
hot sauce (if desired)

Directions:

1. Stuff each taco shell with $\frac{1}{4}$ cup refried beans.
2. Add vegetables and sprinkle with cheese.
3. Cover with tomato sauce and hot sauce to taste.
4.  Preparation time about 30 minutes.

Note: One Bean Taco equals one serving of vegetables.

***Note:** To reduce the sodium in this recipe see the tips on page 12.


Nutrient Values
Serving size: 1
Calories: 476
Fat: 15g
Saturated Fat: 5g
Carbohydrate: 68g
Cholesterol: 15mg
Dietary Fiber: 16g
Sodium: 1769mg*

Spanish Beans

Serves: 6

- 1 onion, chopped
- 1 green pepper, chopped
- 1 tablespoon oil
- 1 cup canned tomatoes, chopped
- 1 (16-oz.) can pinto or butter beans, drained
- 1 (16-oz.) can kidney beans, drained
- $\frac{1}{8}$ teaspoon cayenne pepper
- 1 teaspoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon pepper
- $\frac{3}{4}$ cup grated part-skim Mozzarella cheese

Directions:

1. Sauté onions and green peppers in oil over low heat until onions are transparent.
2. Add tomatoes and simmer 10 minutes.
3. Stir in seasonings and beans (well-drained and rinsed).
4. Alternate layers of bean mixture with cheese in a lightly oiled 1-quart casserole dish.
5.  Bake at 350° for 30 minutes.

Nutrient Values

Serving size:
1 cup
Calories: 247
Fat: 5g
Saturated Fat: 2g
Carbohydrate: 36g
Cholesterol: 8mg
Dietary Fiber: 11g
Sodium: 612mg*

*Note: To reduce the sodium in this recipe see the tips on page 12.

Bean Lasagna

Serves: 12

- 2 medium onions, chopped
- 4 cloves garlic, finely chopped
- $\frac{1}{2}$ – $\frac{3}{4}$ pound mushrooms, sliced
- 2 teaspoons oil
- 2 teaspoons oregano
- 1 teaspoon basil
- $\frac{1}{4}$ cup fresh parsley, chopped
- $\frac{1}{2}$ teaspoon salt or salt substitute
- 1 (16-oz.) can kidney or pinto beans, drained
- $\frac{1}{2}$ cup liquid drained from beans
- 1 (16-oz.) can tomatoes, crushed
- 8 oz. uncooked lasagna noodles
- 3 cups low-fat cottage cheese
- 4 oz. part-skim Mozzarella cheese, grated
- 2 tablespoons Parmesan cheese

Directions:


1. To make the sauce, sauté onions, garlic, and mushrooms in oil with oregano, basil, parsley and salt.
2. Stir often.
3. When onions are clear, add the drained bean liquid and simmer 5–10 minutes.

(Continued on next page)

*Note: To reduce the sodium in this recipe see the tips on page 12.

Nutrient Values
Serving size: 1 cup
Calories: 217
Fat: 4g
Saturated Fat: 2g
Carbohydrate: 28g
Cholesterol: 11mg
Dietary Fiber: 3g
Sodium: 585mg *

Bean Lasagna (continued)

4. Add beans and tomatoes. Cover and simmer 30 minutes or until slightly thickened, stirring often.
5. While the sauce is simmering, cook lasagna noodles according to the package directions. Rinse in cold water to prevent sticking. Drain well.
6. Assemble lasagna in a lightly oiled 9x13-inch dish using $\frac{1}{3}$ sauce, $\frac{1}{3}$ noodles, $\frac{1}{3}$ cottage cheese and $\frac{1}{3}$ Mozzarella cheese. Repeat layers until all of the ingredients are used.
7. Sprinkle with Parmesan cheese and bake.
8.  Bake at 375° for 30–45 minutes.


Mexican Bean Pot

Baked beans with an extra zip!

Serves: 10

- 1½ cups chopped onion
- 2 large green peppers, chopped
- 1 tablespoon oil
- 1 (16-oz.) can kidney beans
- 2 (16-oz.) cans pinto beans
- 1 (16-oz.) can tomatoes
- 1 teaspoon oregano leaves
- ½ teaspoon cumin
- 1 teaspoon sage
- ¾ teaspoon pepper

Directions:

1. Sauté onions and green peppers in oil.
2. Drain beans, keep the liquid.
3. Combine beans, onion, peppers, and remaining ingredients.
4. Add enough bean liquid to just cover (about ½ cup).
5.  Bake at 325° for 1 hour.

Nutrient Values

Serving size: 1 cup

Calories: 201

Fat: 2g

Saturated Fat: 1g

Carbohydrate: 36g

Cholesterol: 0mg

Dietary Fiber: 11g

Sodium: 448mg *


*Note: To reduce the sodium in this recipe see the tips on page 12.

Hoppin' John

Serves: 6

- 3 cans (15-oz. each) black-eyed peas, drained and rinsed well
- 3 cups water
- 1 teaspoon crushed red pepper or
- ½ fresh chili pepper, chopped
- ¾ teaspoon salt or salt substitute
- 1 large onion, chopped
- 3 cups cooked rice, brown or white

Directions:

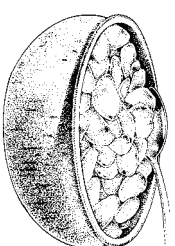
1. Boil beans in water for 2 minutes. Do not drain. Set aside for one hour.
2. Drain beans and add enough water to cover.
3. Add hot pepper and simmer for 30–45 minutes or until beans are partially done.
4. Add salt and onion and cook another 45 minutes or until tender.
5. Serve hot beans and their “gravy” over brown or white rice.
6. Season with hot pepper sauce at the table if desired.
7.  Total preparation time about 3 hours.

Nutrient Values
Serving size: 1 cup with ½ cup rice
Calories: 234
Fat: 1g
Saturated Fat: 0g
Carbohydrate: 46g
Cholesterol: 0mg
Dietary Fiber: 8g
Sodium: 717mg *

*Note: To reduce the sodium in this recipe see the tips on page 12.



Vegetable Dishes




Oven Fries

Serves: 4

- 4 medium potatoes
- 1 tablespoon oil
- ½ teaspoon salt or salt substitute
- paprika (optional)

Directions:

1. Cut potatoes into strips ½ inch thick.
2. While cutting potatoes, drop strips into a bowl of ice water to crisp.
3. Drain and pat dry on paper towels.
4. Toss potato strips in a bowl with oil as if making a salad.
5. Spread the strips in a single layer on a cookie sheet and place in a preheated oven.
6. As they bake, turn frequently so all sides brown.
7. For a crispier potato, brown a minute or two under a broiler.
8. Sprinkle with salt, lite salt, or paprika if desired.
9.  Bake at 450° for 30–40 minutes.

Nutrient Values


Serving size:
10 fries
Calories: 117
Fat: 4g
Saturated Fat: 1g
Carbohydrate: 20g
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 295mg

Fresh Greens, Southern Style

Serves: 6

- 2 pounds fresh greens (collard, kale, mustard, Swiss chard, turnip or beet)
- $\frac{1}{4}$ teaspoon dried hot pepper flakes
- 1 beef bouillon cube or low-salt beef bouillon cube
- 1 tablespoon oil

Directions:

1. Rinse greens thoroughly in several changes of cold water to remove sand and grit.
2. Drain in colander.
3. Remove tough stems and tear large leaves into pieces.
4. Place greens in a large cooking pan and add bouillon, oil and red pepper flakes. (There is no need to add water—greens will cook in the moisture clinging to the leaves.)
5. Cover and bring to a boil.
6. Uncover and toss greens with a fork to dissolve bouillon cube.
7. Replace lid and simmer over low heat 5–8 minutes or until young leaves are tender.
8.  Preparation time about 30 minutes.

Nutrient Values

Serving size: 1 cup

Calories: 55

Fat: 3g

Saturated Fat: 0g

Carbohydrate: 5g

Cholesterol: 0mg

Dietary Fiber: 4g

Sodium: 263mg


Note: One serving of greens equals two servings of vegetables.

Summertime Slaw

Serves: 6

- ½ pound cabbage, shredded
- ½ cup cucumber, chopped
- ½ cup chopped tomato
- ⅓ cup tomato juice
- 2 tablespoons cider vinegar
- 1 teaspoon sugar
- ½ teaspoon salt or salt substitute
- ½ teaspoon dill weed

Directions:

1. Gently toss together cabbage, cucumber and tomato in a large bowl.
2. Whisk together the remaining ingredients to make a dressing.
3. Pour over vegetables and toss lightly until coated.
4. Cover and chill thoroughly.
5.  Preparation time about 30 minutes.

Nutrient Values

Serving size: ½ cup
Calories: 19
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 5g
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 251mg

Note: One serving of Summertime Slaw equals one serving of vegetables.


Orange Sweet Potatoes

Try these instead of candied yams.

Serves: 8

- 4 medium sweet potatoes (about 1 pound)
- ½ cup orange juice
- ¼ teaspoon cinnamon
- ¼ to ½ teaspoon grated orange rind
- 2 tablespoons brown sugar

Directions:

1. Boil sweet potatoes until tender and remove their jackets.
2. Mash pulp, add remaining ingredients and whip until fluffy.
3. Bake in a 1-quart casserole dish coated with cooking spray.
4.  Bake at 350° for 25 minutes.

Nutrient Values

Serving size: ½ cup

Calories: 79

Fat: 0g

Saturated Fat: 0g

Carbohydrate: 19g

Cholesterol: 0mg

Dietary Fiber: 2g

Sodium: 7 mg


Note: One serving of Orange Sweet Potatoes equals one serving of vegetables.

Oven Fried Okra

Serves: 8

1¾ pounds fresh okra
buttermilk
vegetable oil
1¼ cups cornmeal

Directions:

1. Wash okra and drain.
2. Remove tips and stems and cut okra into ½ inch slices.
3. Soak in buttermilk.
4. Drain and then coat with cornmeal.
5. Spread in a single layer on an oiled cookie sheet.
6. Bake until crisp, stirring occasionally.
7.  Bake at 450° for 30–40 minutes.

<i>Nutrient Values</i>
Serving size: ½ cup
Calories: 135
Fat: 2g
Saturated Fat: 1g
Carbohydrate: 25g
Cholesterol: 1mg
Dietary Fiber: 4g
Sodium: 20mg

Note: One serving of Oven Fried Okra equals one serving of vegetables.

Old-Fashioned Potato Salad

Serves: 20

- 9 cups cubed unpeeled red potatoes
- ½ cup diced onion
- ½ cup diced celery
- ¼ cup sweet pickle relish, drained
- 3 hard-cooked eggs, chopped
- 1 clove garlic, minced
- ¾ cup low-fat sour cream
- ⅓ cup mayonnaise
- 2 tablespoons chopped fresh parsley
- 1 teaspoon dry mustard
- ¾ teaspoon salt
- ¼ teaspoon pepper

Directions:

1. Place potatoes in a large pot; cover with water, and bring to a boil.
2. Cook potatoes for 8 minutes or until tender. Drain; place in a large bowl.
3. Allow potatoes to cool slightly. Then add in onion, celery, relish, eggs and garlic before tossing gently.
4. Combine sour cream, mayonnaise, parsley, dry mustard, salt and pepper; stir well. Pour over potato mixture; toss gently to coat.
5. Cover and chill.

Nutrient Values

Serving size: ½ cup
Calories: 123
Fat: 5g
Saturated Fat: 1g
Carbohydrate: 16g
Cholesterol: 38mg
Dietary Fiber: 1g
Sodium: 154mg

Homestyle Potatoes

Serves: 8

4 medium-size baking potatoes (about 2 pounds),
peeled and cubed

½ cup skim milk


¼ cup plain non-fat yogurt

2 tablespoons butter or tub margarine

¼ teaspoon salt

⅛ teaspoon pepper

Directions:

1. Cook potatoes in boiling water for 30 minutes or until tender.
2. Drain potatoes, and mash.
3. Add milk and remaining ingredients.
4. Beat at medium speed or stir until mixture is smooth.
5.  Preparation time about 45 minutes.

Nutrient Values

Serving size:

½ cup

Calories: 64

Fat: 1g

Saturated Fat: 1g

Carbohydrate: 11g

Cholesterol: 0mg

Dietary Fiber: 1g


Sodium: 85mg

Squash Casserole

Serves: 10

- 6–8 medium yellow squash, sliced
- 2 medium eggs
- 1 small onion, chopped (or green onion can be used)
- $\frac{3}{4}$ cup whole-grain crackers, crushed
- pepper to taste
- $\frac{1}{2}$ cup shredded reduced-fat sharp Cheddar cheese
- cooking oil spray

Directions:

1. Preheat oven to 350°.
2. Place sliced squash in saucepan and cover with water.
3. Bring to a boil and cook until squash is tender.
4. Drain squash and cool.
5. In separate mixing bowl, combine egg, onion, $\frac{1}{2}$ cup whole-grain cracker crumbs (save some for the top).
6. Add squash and stir to blend.
7. Pour into casserole dish coated with cooking oil spray.
8. Sprinkle with remaining cracker crumbs.
9. Bake for 30 minutes.
10. Take out and sprinkle $\frac{1}{2}$ cup reduced-fat sharp Cheddar cheese on top.
Cook for 10 more minutes or until cheese melts.
11.  Preparation time about 1 hour.

Nutrient Values

Serving size: $\frac{1}{2}$ cup
Calories: 65
Fat: 2g
Saturated Fat: 1g
Carbohydrate: 8g
Cholesterol: 3mg
Dietary Fiber: 2g
Sodium: 99mg


Note: One serving of Squash Casserole equals one serving of vegetables.

Stir-fry Vegetables

Serves: 5

- 2 teaspoons vegetable oil
- 2–4 cups chopped cabbage
- 1½ cups sliced carrots
- ½ cup sliced celery
- 1 cup sliced squash and/or zucchini
- ½ cup chopped broccoli
- 1 onion (optional) sliced

Directions:

1. Heat oil on medium heat in large pan or skillet.
2. Add layers of vegetables and cover with lid.
3. Steam for 4 to 6 minutes or until tender.
4. Add pepper and soy sauce to taste.
5.  Preparation time about 20 minutes.

Try using ½ cup water instead of oil. Can be served over rice or noodles, or is great by itself.

Nutrient Values
Serving size: 1 cup
Calories: 62
Fat: 2g
Saturated Fat: 1g
Carbohydrate: 10g
Cholesterol: 0mg
Dietary Fiber: 4g
Sodium: 37mg

Note: One serving of Stir-fry Vegetables equals two servings of vegetables.

Crustless Spinach Quiche

Serves: 6

- 1 (10-oz.) package frozen chopped spinach, thawed and well-drained (squeeze out extra moisture with paper towel)
- 1 cup shredded part-skim mozzarella cheese
- 4 eggs, plus 2 egg whites, lightly beaten
- 1 tablespoon minced onion
- ¼ teaspoon nutmeg
- fresh ground pepper and salt to taste
- cooking oil spray

Directions:

1. Preheat oven to 350°.
2. In a medium bowl, combine all ingredients. Mix well.
3. Pour mixture into an 8-inch pie plate sprayed with cooking oil spray.
4. Bake 30 minutes until knife inserted comes out clean.
5. Remove from oven and let stand 5 minutes before slicing into wedges.

Nutrient Values

Serving size:
1/6th of pie
Calories: 117
Fat: 7g
Saturated Fat: 3g
Carbohydrate: 3g
Cholesterol: 153 mg
Dietary Fiber: 1g
Sodium: 255 mg

Tangy Broccoli Salad

Serves: 10

- 1 cup nonfat salad dressing or mayonnaise
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 1 large bunch broccoli, cut into florets (about 8 cups)
- ½ cup sliced red onion
- ¼ cup raisins
- ¼ cup real bacon or turkey bits (optional)

Directions:

1. Mix dressing or mayonnaise, sugar and vinegar in a large bowl.
2. Add remaining ingredients; mix lightly.
3. Refrigerate 1 hour or until ready to serve.

<p>Nutrient Values (not including bacon bits):</p> <p>Serving size: ½ cup Calories: 57 Fat: 1g Saturated Fat: trace Carbohydrate: 12g Cholesterol: 3mg Dietary Fiber: 2g Sodium: 209 mg</p>
--

Marinated Veggie Salad

Tip: This salad is best after 2 days in the refrigerator.

Serves: 10

- 4 stalks asparagus spears, chopped
- 1 head broccoli florets, chopped
- ½ head cauliflower florets, chopped
- ½ large red bell pepper, chopped
- 2 carrots, chopped
- ½ bunch green onions
- 1½ cups fat-free zesty Italian dressing

Directions:

1. Steam the asparagus spears for 2 minutes, then dunk in ice water to stop the cooking process.
2. Chop in 1-inch pieces when cooled. Chop all other vegetables, and place in large bowl.
3. Pour dressing over them and refrigerate. Add more dressing if needed, it tends to soak in.

Nutrient Values

Serving size: 1 cup

Calories: 53

Fat: 1g

Saturated Fat: 0g

Carbohydrate: 11g

Cholesterol: 1mg

Dietary Fiber: 3g

Sodium: 419mg

Zucchini Squash Quiche

Serves: 6

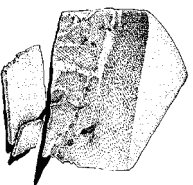
- 1 medium-size zucchini squash
- 1 medium-size tomato
- 4 eggs
- 1 teaspoon dried basil
- ½ teaspoon oregano
- ½ cup low-fat cottage cheese
- 4 tablespoons Parmesan cheese
- 1 cup diced onions
- 1 cup mushroom slices
- 2 teaspoons olive oil

Directions:

1. Wash zucchini, cut in half cross-wise then length-wise. Cut each piece into thin slices.
2. Wash tomato and cut into wedges.
3. In a medium-size bowl, beat the eggs lightly and add the basil and oregano.
4. Stir the cottage cheese and 3 tablespoons of Parmesan cheese into the egg mixture.
5. In a 12-inch skillet, cook zucchini, onion, mushroom slices and tomato in the olive oil until zucchini softens.
6. Pour in the egg mixture and sprinkle with the remaining Parmesan cheese.
7. Bake in oven at 375° for 20–30 minutes.
8. Cut into wedges and serve hot.

Nutrient Values

Serving size:
1 wedge
Calories: 116
Fat: 6g
Saturated Fat: 2g
Carbohydrate: 7g
Cholesterol: 146mg
Dietary Fiber: 1g
Sodium: 175mg



Cheese Dishes

Cheesy Potato Casserole


Serves: 6

- 6 medium potatoes, cooked and sliced, pepper to taste
- 2 cups low-fat cottage cheese
- 1 tablespoon oil
- ½ onion, chopped
- 2 tablespoons flour
- 1 teaspoon thyme
- 1 teaspoon parsley flakes
- ¼ teaspoon salt or salt substitute
- ⅓ cup skim milk
- ½ cup bread crumbs
- 2 tablespoons Parmesan cheese
- 2 tablespoons butter or tub margarine

Nutrient Values
Serving size: 1 cup
Calories: 210
Fat: 8g
Saturated Fat: 2g
Carbohydrate: 21g
Cholesterol: 8mg
Dietary Fiber: 5g
Sodium: 491mg *

*Note: To reduce the sodium in this recipe see the tips on page 12.

Directions:


1. Boil unpeeled potatoes until tender and slice.
2. Beat together cottage cheese and oil until fluffy and add chopped onion.
3. Combine flour with seasonings.
4. Place a layer of sliced potatoes in a lightly oiled 1 ½-quart casserole dish.
5. Spread a layer of cottage cheese mixture over potatoes and sprinkle with some of the seasoned flour.
6. Repeat layers ending with potatoes.
7. Pour milk over the entire casserole and dust with crumbs and Parmesan cheese.
8. Dot with butter or tub margarine.
9.  Bake at 350° for 30 minutes.

Cheese and Broccoli With Rice

Serves: 12

- 2 onions, chopped
- 2 stalks celery, chopped
- 1 tablespoon oil
- 3 cups chopped fresh broccoli or 2 pkgs. chopped frozen broccoli
- 2 cans cream of celery soup
- ¼ cup Parmesan cheese
- 5 cups cooked rice (brown or white)
- 4 drops Tabasco® sauce
- 1 can water chestnuts, drained and sliced (optional)
- 4 tablespoons soft bread crumbs

Directions:

1. In a large skillet, sauté the onions and celery in oil until clear.
2. Cook broccoli until barely tender and drain well.
3. Mix together onions, celery, broccoli, soup, and cheese.
4. Stir in rice, Tabasco® sauce and water chestnuts and mix well.
5. Pour into a lightly oiled casserole dish and top with bread crumbs.
6.  Bake at 350° for 20–30 minutes or until heated through and bubbly.

To make your own bread crumbs, see “Quick Cooking Tips” on page 13.

Note: One serving of Cheese and Broccoli With Rice equals one serving of vegetables.

***Note:** To reduce the sodium in this recipe see the tips on page 12.

<p>Nutrient Values</p> <p>Serving size: 1 cup</p> <p>Calories: 167</p> <p>Fat: 5g</p> <p>Saturated Fat: 1g</p> <p>Carbohydrate: 27g</p> <p>Cholesterol: 5mg</p> <p>Dietary Fiber: 2g</p> <p>Sodium: 704mg *</p>
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Macaroni and Cheese

Serves: 8

- 8 oz. uncooked elbow macaroni (4 cups cooked)
- 1 large egg
- 1 scallion, including green top, sliced thin
- 2 cups evaporated skim (nonfat) milk
- ½ teaspoon salt (optional)
- ¼ teaspoon cayenne pepper
- ½ teaspoon black pepper
- 4 oz. Velveeta light, cut-up paprika
- 1 cup (4-oz.) shredded reduced-fat sharp cheddar cheese
- 1 tablespoon butter or tub margarine
- cooking oil spray

Directions:

1. Preheat oven to 350°.
2. In a large pot of boiling water, cook macaroni just until tender, about 10 minutes.
3. Meanwhile, in a medium-sized bowl, beat together egg, scallion, evaporated milk, salt, cayenne, and black pepper.
4. Drain macaroni thoroughly. In a shallow 2-quart baking dish coated with cooking oil spray, layer half of the macaroni, then half of each type of cheese; repeat, ending with the cheese.
5. Pour milk mixture over macaroni. Dot butter or tub margarine on top of the macaroni mixture and sprinkle with paprika.
6. Bake until golden brown and bubbly, about 40–45 minutes.

*Note: To reduce the sodium in this recipe see the tips on page 12.

Nutrient Values
(includes salt)
Serving size: ½ cup
Calories: 246
Fat: 7g
Saturated Fat: 3g
Carbohydrate: 30g
Cholesterol: 45mg
Dietary Fiber: 1g
Sodium: 586mg *

Easy Thick Crust Pizza

Serves: 12

Crust

- 3 cups flour (try 2 cups white and 1 cup whole wheat)
- 1 tablespoon baking powder
- 12 oz. beer


Sauce

- 2 cups Italian sauce (page 106) thickened with a little tomato paste if necessary

Toppings

- fresh mushrooms, sliced
- green pepper slices
- black olives, sliced
- onions, sliced
- part-skim Mozzarella cheese, grated

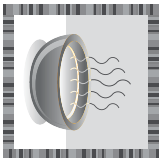
Directions:

1. Mix together all of the crust ingredients and spread into a lightly oiled 9x13-inch baking dish.
2. Spread crust with Italian sauce.
3. Sprinkle liberally with desired toppings.
4.  Bake at 425° for 25–30 minutes.

Nutrient Values

Serving size:
1 piece
Calories: 193
Fat: 3g
Saturated Fat: 1g
Carbohydrate: 33g
Cholesterol: 5mg
Dietary Fiber: 2g
Sodium: 693mg *

*Note: To reduce the sodium in this recipe see the tips on page 12.



Soups




Mom's Vegetable Soup

Freeze in separate small containers for convenient portion sizes.

Serves: 12

- 1 pound package lean stew beef or lean sirloin tips (meat is optional, 1 can kidney beans could be added instead)
- 1 can (10-oz.) beef broth
- 1 can large (28-oz.) diced tomatoes
- 1 medium onion, chopped
- 2 cups water
- 2 medium potatoes, peeled and cubed
- 2 carrots, sliced
- 1 stalk celery, chopped (optional)
- 1 (15-oz.) can whole kernel corn (or one frozen package)
- 1 package frozen baby butter beans
- 1 to 2 cups chopped cabbage (optional)

Directions:

1. Combine beef, beef broth, diced tomatoes, and onion in a large saucepan and bring to a boil.
2. Reduce heat and simmer 1 to 1½ hours or until beef is tender.
3. Add 2 cups water.
4. Add remaining ingredients and cook for another 30 to 60 minutes.
5. If soup is too thick, add more water until it looks good to you.
6. Add salt and pepper to taste.
7.  Preparation time about 2-2½ hours.

Note: One serving of Mom's Vegetable Soup equals one serving of vegetables.

Nutrient Values
Serving size: 1 cup
Calories: 161
Fat: 3g
Saturated Fat: 1g
Carbohydrate: 22g
Cholesterol: 22mg
Dietary Fiber: 5g
Sodium: 351 mg

Garden Vegetable Soup

Serves: 5

- 2/3 cup sliced carrots
- 1/2 cup diced onions
- 2 garlic cloves, minced
- 3 cups broth (beef, chicken, or vegetable)
- 1 1/2 cups green cabbage
- 1/2 cup green beans
- 1 tablespoon tomato paste
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 cup diced zucchini
- cooking oil spray

Directions:

1. Sauté carrots, onions and garlic in a large saucepan (sprayed with cooking oil spray) on low heat for 5 minutes.
2. Add broth, cabbage, beans, tomato paste, basil, oregano and salt. Bring to a boil.
3. Lower heat and simmer, covered for 15 minutes or until beans are tender.
4. Stir in zucchini and heat 3–4 minutes. Serve hot.

Nutrient Values


Serving size: 1 cup
Calories: 45
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 7g
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 487 mg

Quick Chicken Minestrone

Serves: 9

- 1 quart water
- 1 (10-oz.) package frozen mixed vegetables
- 3 ounces whole wheat spaghetti, uncooked and broken into 2-inch pieces
- 2 teaspoons chicken-flavored bouillon granules
- ½ teaspoon dried whole basil
- ½ teaspoon dried whole oregano
- 1 pound sliced whole mushrooms (optional)
- 2⅓ cups sliced zucchini (about 2 medium)
- 2 cups diced cooked chicken breast (skinned before cooking and cooked without salt)
- 1 (14-oz.) can no-salt-added whole tomatoes, undrained and chopped

Directions:

1. Combine first 6 ingredients in a large pot or crock-pot and bring to a boil.
2. Cover, reduce heat, and simmer 5 minutes.
3. Add mushrooms, zucchini, chicken, and tomatoes.
4. Stir well.
5. Cover and cook an additional 20 minutes or until zucchini is tender.
6.  Preparation time about 40 minutes.

Nutrient Values

Serving size: 1 cup

Calories: 136

Fat: 2g

Saturated Fat: 1g

Carbohydrate: 17g

Cholesterol: 26mg

Dietary Fiber: 4g

Sodium: 363mg


Note: One serving of Quick Chicken Minestrone equals one serving of vegetables.

Chicken and Okra Stew

Serves: 8

- 2 cups diced cooked chicken breast (skinned before cooking and cooked without salt)
- 2 (10-oz.) cans low-sodium chicken broth, undiluted
- 1 (14-oz.) can no-salt-added stewed tomatoes, undrained and chopped
- 1 (10-oz.) package frozen sliced okra
- 1 cup diced onion
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon dried whole basil
- $\frac{1}{4}$ teaspoon dried whole oregano
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon hot sauce
- 2 cloves garlic, minced (or $\frac{1}{2}$ teaspoon garlic powder)
- 2 tablespoons all-purpose flour
- $\frac{1}{4}$ cup skim milk

Directions:

1. Combine first 11 ingredients in a large pot or crock-pot; stir well.
2. Bring to a boil.
3. Cover, reduce heat, and simmer 45 minutes.
4. Combine flour and milk, stirring until smooth.
5. Add to stew, and stir well.
6. Cook over medium heat until thickened and bubbly, stirring constantly.
7.  Preparation time about 1 hour.

Note: One serving of Chicken and Okra Stew equals one serving of vegetables.

*Note: To reduce the sodium in this recipe see the tips on page 12.

Nutrient Values


Serving size: 1 cup
 Calories: 121
 Fat: 3g
 Saturated Fat: 1g
 Carbohydrate: 9g
 Cholesterol: 29mg
 Dietary Fiber: 2g
 Sodium: 577mg *

Senate Bean Soup

Serves: 8

- 4 cans navy beans (drained and rinsed well)
- 6 cups water
- 1 bay leaf
- $\frac{1}{8}$ teaspoon thyme
- $\frac{1}{2}$ pound potatoes, cooked (leftover baked, boiled or mashed may be used)
- $\frac{1}{2}$ cup nonfat milk
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{2}$ cup onion, chopped
- $\frac{1}{4}$ cup parsley, chopped
- 1 small clove garlic, chopped
- $\frac{1}{4}$ teaspoon of salt
- pepper to taste

Directions:

1. Rinse and drain canned beans well.
2. Add bay leaf and thyme; cover and cook on medium low until tender—30 minutes.
3. Mash cooked potatoes and beat with milk until fluffy.
4. Add potato mixture and remaining ingredients to cooked beans and simmer another hour.
5. Stir occasionally and lightly mash beans to a pulpy consistency with the back of the spoon.
6.  Preparation time about 1 $\frac{1}{2}$ to 2 hours.

Nutrient Values

Serving size: 1 cup

Calories: 259

Fat: 1g

Saturated Fat: 0g

Carbohydrate: 35g

Cholesterol: 0mg

Dietary Fiber: 11g


Sodium: 486mg

Lentil Soup

Serves 8

- 1 tablespoon oil
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 1 cup lentils
- 7 cups water
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{8}$ teaspoon cayenne pepper
- $1\frac{1}{2}$ teaspoons cumin
- pepper to taste
- $\frac{1}{8}$ teaspoon cinnamon

Directions:

1. In a large stock pot, sauté onion and garlic in oil.
2. Add remaining ingredients.
3. Bring to a boil, reduce heat, and simmer $1\frac{1}{2}$ hours.
4. For a smoother soup, process the mixture in a blender or food processor.
5. Serve immediately.
6.  Preparation time about 2 hours.

Nutrient Values


Serving size: 1 cup
Calories: 98
Fat: 2g
Saturated Fat: 1g
Carbohydrate: 15g
Cholesterol: 0mg
Dietary Fiber: 6g
Sodium: 20mg

Split Pea Soup

Serves: 12

- 2 cups uncooked split peas
- 5 cups water (more if needed)
- 1 bay leaf
- $\frac{3}{4}$ teaspoon salt or salt substitute
- 2 cups carrots, chopped
- 1 cup celery, chopped
- 1 cup onion, chopped
- $\frac{1}{2}$ teaspoon thyme
- $\frac{1}{2}$ teaspoon garlic powder
- 2 tablespoons vinegar or lemon juice
- $\frac{1}{2}$ teaspoon pepper or to taste

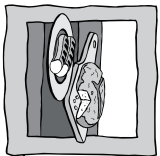
Directions:

1. Combine the split peas, water, bay leaf, and salt in a large pot.
2. Bring to a boil, reduce the heat and simmer for 2 hours.
3. Stir occasionally and add more water if it becomes too dry.
4. Add carrots, celery, onions, and herbs and simmer another 30 minutes.
5. Add vinegar or lemon juice and more pepper if needed.
6.  Preparation 2 $\frac{1}{2}$ hours.

Nutrient Values

Serving size: 1 cup
Calories: 127
Fat: 1g
Saturated Fat: 0g
Carbohydrate: 24g
Cholesterol: 0mg
Dietary Fiber: 9g
Sodium: 163mg

Note: One serving of Split Pea Soup equals one serving of vegetables.



Breads

breads

Healthier Southern Style Biscuits

Serves: 12

- 2 cups all-purpose flour (can substitute $\frac{1}{2}$ –1 cup whole wheat flour)
- 1 tablespoon baking powder
- 4 tablespoons powdered buttermilk
- pinch of salt
- $\frac{3}{4}$ cup cool water
- $\frac{1}{4}$ cup and 2 tablespoons of vegetable oil

Directions:

1. Turn oven on and preheat to 450°.
2. Mix well all 4 dry ingredients in a metal bowl.
3. Mix together 2 wet ingredients.
4. Add wet to dry and with a spoon, mix to form a dough.
5. Turn over onto a lightly floured counter top.
6. Knead only the bare minimum—3 to 4 times.
7. Roll out flat about $\frac{3}{4}$ inch thick, and cut rounds with a biscuit cutter.
8. Place on ungreased metal cookie sheet.
9. Bake at 450° in oven for 12–13 minutes or until golden brown.

Nutrient Values

(using $\frac{1}{2}$ cup whole wheat flour and $\frac{1}{8}$ teaspoon of salt):

Serving size:
1 biscuit

Calories: 144

Fat: 7g

Saturated Fat: 1g

Carbohydrate: 17g

Cholesterol: 2mg

Fiber: 1g

Sodium: 138mg

Master Mix Biscuit Mix

This was the winning recipe in the Food for Heart Biscuit Bake-Off! Mix up a batch of this recipe and store it in a container with a tight lid placed in the refrigerator—use it like a homemade heart healthy biscuit mix.



- 6 tablespoons baking powder
- 1 tablespoon salt (or less)
- 1 tablespoon cream of tartar
- 1 ¼ cups non-fat dry milk powder
- ¼ cup sugar
- 5 cups all purpose flour
- 5 cups whole-wheat flour
- 1 pound trans fat-free shortening


Directions:

1. Stir baking powder, salt, cream of tartar, dry milk, and sugar into unsifted flour.
 2. Mix.
 3. Cut in the shortening until it looks like coarse cornmeal.
 4. Store in the refrigerator.
-
-

Master Mix Biscuits

- 3 cups of Master Mix
- ¾ cup water


Directions:

1. Blend together and knead until slightly elastic.
2. Roll out to ¼ inch thick, cut dough with biscuit cutter.
3.  Bake at 450° for 10 minutes.

Master Mix Coffee Cake

- 3 cups Master Mix (see recipe page 68)
- ½ cup sugar
- 2 egg whites
- ½ cup plus 2 tablespoons water
- ½ cup brown sugar
- 1 teaspoon cinnamon
- 2 tablespoons finely chopped nuts

Directions:

1. Mix Master Mix, sugar, egg whites and water until well blended.
2. Pour mixture into an oiled 8x8-inch pan.
3. Combine brown sugar, cinnamon and nuts, and sprinkle over batter.
4.  Bake at 400° for 25 minutes.

Sunrise Coffee Cake

Serves: 16

- ¼ cup margarine
- 2 egg whites
- grated rind of 1 lemon (optional)
- 2 teaspoons lemon juice
- ¾ cup brown sugar
- 1 teaspoon baking soda
- ¼ teaspoon salt (or less)
- 2 cups flour (try 1 cup white and 1 cup whole wheat)
- 1 cup plain, low-fat yogurt or buttermilk
- 2 cups chopped fruit (drain, if canned)


Directions:

1. Cream margarine, egg whites, lemon rind, juice, and brown sugar.
2. Sift together dry ingredients and add alternately with yogurt to egg white mixture.
3. Fold in fruit and spread into an oiled tube pan.

Topping

- 1 tablespoon butter or tub margarine
- 1 teaspoon cinnamon
- ¼ cup flour
- ½ teaspoon allspice
- ¼ cup brown sugar

Directions:

1. Combine topping ingredients and sprinkle over coffee cake batter.
2. Bake in preheated oven until toothpick inserted in the center comes out clean.
3.  Bake at 350° for 45 minutes or until done.

Nutrient Values

Serving size: 1/16 of cake
Calories: 179
Fat: 4g
Saturated Fat: 1g
Carbohydrate: 34g
Cholesterol: 1mg
Dietary Fiber: 1g
Sodium: 139mg

Blueberry Banana Muffins

*bread*s

Serves: 12

- 1 cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup firmly packed brown sugar
- ½ cup wheat germ (optional)
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 medium bananas, mashed
- ⅓ cup tub margarine, melted and cooled
- 1 egg
- ½ cup orange juice
- 1 cup fresh or frozen blueberries
- cooking oil spray

Directions:

1. Preheat oven to 400°. Lightly spray muffin pan with cooking oil spray.
2. In a bowl, combine flours, sugar, wheat germ (optional), baking powder, salt and spices. Stir until well-mixed. Set aside.
3. In another bowl, mash bananas. Add tub margarine, egg and orange juice to it. Whisk until well-blended.
4. Stir banana mixture into dry ingredients, mixing just until moistened. (Mixture may be lumpy.)
5. With rubber spatula, carefully fold blueberries into batter. Pour batter evenly into 12 muffin cups.
6. Bake at 400° for 20–25 minutes.


Nutrient Values without wheat germ
Serving size: 1 muffin
Calories: 191
Fat: 6g
Saturated Fat: 1g
Carbohydrate: 31g
Cholesterol: 18mg
Dietary Fiber: 3g
Sodium: 276mg

Buttermilk Corn Muffins

Serves: 12

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1½ cups low-fat buttermilk
- 1 egg
- 1 tablespoon vegetable oil
- cooking oil spray

Directions:

1. Combine first 5 ingredients in a large bowl.
2. Make a well in the middle of the mixture.
3. Combine buttermilk, egg, and vegetable oil in a small bowl, stirring well.
4. Add to cornmeal mixture, stirring just until dry ingredients are moistened.
5. Spoon batter evenly into muffin pans coated with cooking spray, leaving room for them to rise.
6.  Bake at 425° for 20 minutes or until golden.
7. Remove corn muffins from pans immediately.
8. Let cool.


<i>Nutrient Values</i>
Serving size: 1 muffin
Calories: 103
Fat: 2g
Saturated Fat: 0g
Carbohydrate: 17g
Cholesterol: 19mg
Dietary Fiber: 2g
Sodium: 183mg

Corn Bread

Serves: 16

- 1 cup cornmeal
- 1 cup flour (try half white, half whole wheat)
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 3 tablespoons oil
- 2 egg whites
- 1 cup skim milk
- cooking oil spray

Directions:

1. Combine dry ingredients in a bowl and mix well.
2. Beat together oil, egg whites, and milk.
3. Mix with dry ingredients just until blended.
4. Pour into a 8x8-inch pan that has been coated with cooking spray.
5. Bake until a knife inserted in the center comes out clean.
6.  Bake at 400° for 15 minutes.

Nutrient Values


Serving size:
2x2 inch piece
Calories: 94
Fat: 3g
Saturated Fat: 1g
Carbohydrate: 14g
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 107mg

Applesauce Gingerbread

Serves: 12

- ¾ cup all-purpose flour
- ¾ cup whole-wheat flour
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- ¼ cup sugar
- 1½ teaspoons ground ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ⅔ cup unsweetened applesauce
- ⅓ cup molasses
- 3 tablespoons vegetable oil
- 1 egg, slightly beaten (or egg substitute)
- cooking oil spray

Directions:

1. Combine first 8 ingredients; stir well.
2. Combine applesauce, molasses, oil and egg in a small bowl; add to flour mixture, stirring well.
3. Spoon batter into a 9-inch square baking pan coated with cooking spray.
4.  Bake at 350 degrees for 25 minutes.
5. Serve warm.

Nutrient Values


Serving size:
3x4 inch piece
Calories: 140
Fat: 4g
Saturated Fat: 1g
Carbohydrate: 24g
Cholesterol: 18mg
Dietary Fiber: 1g
Sodium: 139mg

Quick and Easy Refrigerator Rolls

Serves: 36

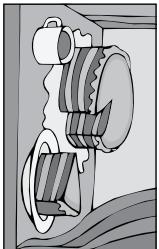
- 2 egg whites, slightly beaten
- 1 teaspoon salt or salt substitute
- ½ cup oil
- 1 cup lukewarm water
- ½ cup sugar
- 4 cups unsifted all-purpose flour or whole-wheat flour
- 1 pkg. yeast dissolved in ¼ cup warm water

Directions:

1. Stir ingredients together in the order given above.
2. Refrigerate dough at least 12 hours. (Dough may be kept in the refrigerator for several days.)
3. Roll dough into your favorite shape on a lightly floured board.
4. Place on a cookie sheet coated with cooking spray.
5. Cover and let rise 2 hours before baking.
6.  Bake at 375° for 10 minutes.

Nutrient Values

Serving size: 1 roll
Calories: 90
Fat: 3g
Saturated Fat: 1g
Carbohydrate: 13g
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 68mg



Desserts

Angel Food Cake

Directions:


1. Use your favorite recipe or a mix from the store.
2. Serve it with strawberries or other fresh fruit in season.
3. For an added topping, use Minute Fudge Frosting (page 83).

Crispy Spice Cookies

Serves: 4^{1/2} dozen

- 1½ cups all purpose flour
- 1½ cups whole wheat flour
- 1½ teaspoons cinnamon
- 1 teaspoon ground cloves
- 2 teaspoons ground ginger
- ½ cup tub margarine
- ½ cup sugar
- ½ cup dark corn syrup
- cooking oil spray

Directions:

1. Mix together white and wheat flour, cinnamon, cloves and ginger.
2. Cream margarine and sugar; stir in corn syrup.
3. Add the flour mixture and mix until a workable dough is formed.
4. Roll out 1/8-inch thick on a floured surface.
5. Cut in desired shapes.
6. Bake on a cookie sheet that has been lightly sprayed with cooking oil spray.
7. Let sit for 1 minute before transferring to cookie sheets to cool.
8.  Bake at 350° about 10 minutes.

Nutrient Values


Serving size:
1 cookie
Calories: 55
Fat: 2g
Saturated Fat: 0g
Carbohydrate: 6g
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 28mg

Oatmeal Cookies

Serves: 3 dozen

- 1 ¼ cup sugar
- ½ cup oil
- 1 whole egg plus 1 egg white
- 6 tablespoons molasses
- 1 ¾ cup flour (try half white, half whole wheat)
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt or salt substitute
- 2 cups oatmeal, uncooked
- ½ cup chopped nuts
- 1 cup raisins

Directions:

1. Cream sugar and oil.
2. Beat in the eggs and molasses.
3. Mix together or sift the flour, cinnamon, baking soda, and salt before stirring into the sugar mixture.
4. Mix in the remaining ingredients.
5. Drop by spoonfuls onto an oiled baking sheet.
6.  Bake at 400° for 8–10 minutes.

Nutrient Values

Serving size:
1 cookie
Calories: 128
Fat: 5g
Saturated Fat: 1g
Carbohydrate: 21g
Cholesterol: 6mg
Dietary Fiber: 1g
Sodium: 75mg

Chewy Chocolate Chip Cookies

Serves: 6 dozen

- 2¼ cups all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup packed brown sugar
- 2 tablespoons tub margarine
- 1 teaspoon vanilla extract
- 2 eggs
- ½ cup granulated sugar
- ½ cup light-colored corn syrup
- 1¼ cups semi-sweet chocolate chips
- cooking oil spray

Directions:

1. Preheat oven to 350°. Lightly spoon flour into dry measuring cups, and level with a knife.
2. Combine flour, baking soda, and salt. Beat brown sugar, margarine, and vanilla extract at medium speed of a mixer until well-blended (about 5 minutes).
3. Then beat in eggs, granulated sugar and corn syrup. Add flour mixture; stir in chocolate chips.
4. Drop by rounded teaspoons 1 inch apart onto baking sheets coated with cooking spray.
5. Bake at 350° for 8 minutes or until just golden. Remove from oven, and let stand 2–5 minutes.
6. Remove cookies from pans, and cool on wire racks.

Nutrient Values

Serving size:
1 cookie
Calories: 52
Fat: 1g
Saturated Fat: 0.6g
Carbohydrate: 10g
Cholesterol: 6mg
Dietary Fiber: 0g
Sodium: 34mg

Chocolate Chip Meringue Cookies

Store in an airtight container.

Serves: 4 dozen

- 3 large egg whites
- ¼ teaspoon cream of tartar
- ¼ teaspoon of salt
- 1 cup sugar
- 3 tablespoons unsweetened cocoa
- ¼ cup semi-sweet chocolate mini chips (or chopped semi-sweet chocolate chips)

Directions:

1. Preheat oven to 300°. Beat egg whites, cream of tartar, and salt at high speed of a mixer until soft peaks form.
2. Add sugar, 1 tablespoon at a time, beating until stiff peaks form.
3. Sift cocoa over egg white mixture; fold in. Fold in mini-chips.
4. Cover a baking sheet with parchment paper; secure to baking sheet with masking tape.
5. Drop batter by level tablespoonfuls onto prepared baking sheet.
6. Bake at 300° for 40 minutes or until crisp. Cool on pan on a wire rack.
7. Repeat procedure with remaining batter, reusing parchment paper.

Nutrient Values

Serving size:
1 cookie
Calories: 22
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 5g
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 16 mg

Deep Dish Fruit Pie

Serves: 6

3 cups raw fruit (apples, rhubarb, cherries, peaches, or apricots)

$\frac{1}{4}$ – $\frac{1}{2}$ cup sugar

1 tablespoon lemon juice

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup brown sugar


1 tablespoon oil

$\frac{1}{2}$ teaspoon cinnamon

Directions for the filling:

1. Pit, peel, and slice the fruit as though for a pie.
2. Mix together and place in a deep 8-inch baking dish with the white sugar and lemon juice.
3. Bake at 375° until the fruit is tender. (Apples will require the longest cooking time—about 45 minutes.)
4. Remove from the oven, add the topping and continue baking.

Directions for the topping:

1. With a pastry blender, mix together the flour, brown sugar, oil, and cinnamon until it is crumbly.
2. Place on top of the cooked fruit and continue to bake until brown and bubbly.
3. Serve plain or with a topping of ice milk, sherbet, or frozen yogurt.
4.  Total baking time 45–55 minutes.

Note: One serving of Deep Dish Fruit Pie equals one serving of fruit


Nutrient Values	
Serving size:	1/6 of pie
Calories:	216
Fat:	3g
Saturated Fat:	1g
Carbohydrate:	49g
Cholesterol:	0mg
Dietary Fiber:	2g
Sodium:	8mg

Black Devil's Food Cake

Serves: 18

- 2 cups white flour
- 1¾ cups sugar
- ½ cup cocoa
- 1 tablespoon baking soda
- ½ cup oil
- 1 cup nonfat buttermilk
- 1 cup strong coffee (instant is OK)
- cooking oil spray

Directions:

1. Mix or sift together the flour, sugar, cocoa, and baking soda.
2. Add the oil and buttermilk. Stir until well-blended.
3. Bring the coffee to a boil and gently stir it into the batter. (Mixture will be soupy.)
4. Bake in a greased and floured 9x13-inch pan (using cooking oil spray).
5. Decorate with Minute Fudge Frosting (page 83) if desired.
6.  Bake at 350° for 35–40 minutes.

Nutrient Values


- Serving size:** 2x3 inch piece
- Calories:** 191
- Fat:** 7g
- Saturated Fat:** 1g
- Carbohydrate:** 32g
- Cholesterol:** 1mg
- Dietary Fiber:** 1g
- Sodium:** 226mg

Minute Fudge Frosting

Serves: 24

- 3 tablespoons cocoa
- 1 cup sugar
- $\frac{1}{3}$ cup evaporated skim milk
- $\frac{1}{4}$ cup tub margarine
- 1 teaspoon vanilla

Directions:

1. Mix cocoa, sugar, skim milk, and margarine in a saucepan.
2. Bring to a boil and simmer 1 minute.
3. Remove from the heat, add vanilla, and beat until thick enough to spread.
4.  Preparation time about 15 minutes.

Nutrient Values

Serving size:
1 tablespoon
Calories: 54
Fat: 2g
Saturated Fat: 0g
Carbohydrate: 9g
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 30mg

Hot Fudge Pudding Cake

During baking, this cake mixture rises to the top and a chocolate sauce settles on the bottom. To serve, invert squares onto dessert plates and spoon sauce over top.

Serves: 12


Cake Batter

- 1 cup flour
- 2 tablespoons baking powder
- $\frac{3}{4}$ cup sugar
- 2 tablespoons cocoa
- $\frac{1}{2}$ cup skim milk
- 1 tablespoon oil
- $\frac{1}{4}$ cup chopped walnuts
- $1\frac{3}{4}$ cups hot water

Topping

- $\frac{1}{4}$ cup cocoa
- 1 cup brown sugar

Directions:

1. Mix together the first 4 ingredients.
2. Stir in skim milk and oil and then walnuts.
3. Spread in a 9-inch square pan that has been coated with cooking oil spray.
4. Combine cocoa and brown sugar for the topping and sprinkle over the batter.
5. Pour $1\frac{3}{4}$ cups hot water over the contents of the entire pan and bake.
6.  Bake at 350° for 45 minutes.

Nutrient Values


Serving size:
2x3 inch piece
Calories: 200
Fat: 3g
Saturated Fat: 1g
Carbohydrate: 43g
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 274mg

Carrot Cake

Serves: 18

- 2 cups sugar
- ½ teaspoon salt or salt substitute
- ½ cup oil
- 2 cups shredded carrots
- 1½ cups whole wheat flour
- 2 teaspoons vanilla
- 1½ cups white flour
- 1 (11-oz.) can mandarin oranges, drained
- 2½ teaspoons baking soda
- 2½ teaspoons cinnamon
- 5 egg whites

Directions:

1. In a large bowl, combine all ingredients. Beat 2 minutes at high speed.
2. Pour into a 9x13-inch pan that has been coated with cooking oil spray.
3. Cake is done when a toothpick inserted in the center comes out clean.
4. Cool in the pan 30 minutes before removing.
5. If desired, frost with “Cream Cheese” Frosting (page 86).
6.  Bake at 350° for 50–60 minutes.

Nutrient Values


Serving size:
2x3 inch piece
Calories: 232
Fat: 6g
Saturated Fat: 1g
Carbohydrate: 42g
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 261 mg

“Cream Cheese” Frosting

Makes enough to frost a 2-layer cake

- 4-oz. ($\frac{1}{2}$ large pkg.) Neufchatel or fat-free cream cheese
- 1 teaspoon vanilla
- 2 cups powdered sugar

Directions:

1. Mix ingredients in a bowl and beat until smooth.
2. Additional powdered sugar may be added if needed to reach a good spreading consistency.
3. Store frosted cake in the refrigerator.
4.  Preparation time about 15 minutes.

Nutrient Values

- Serving size:**
2 tablespoons
- Calories:** 64
- Fat:** 0g
- Saturated Fat:** 0g
- Carbohydrate:** 15g
- Cholesterol:** 0mg
- Dietary Fiber:** 0g
- Sodium:** 34mg

Rhubarb Buckle

Serves: 8

Fruit

5 cups rhubarb, cut in 1-inch pieces

½ cup sugar

½ cup water

Topping

1 cup flour


½ cup sugar

1 teaspoon baking powder

3 egg whites

cooking oil spray

Directions:

1. Put rhubarb pieces into a 10-inch baking dish that has been coated with a cooking oil spray.
2. Sprinkle with sugar and mix until the fruit is coated.
3. Add water.
4. In a small bowl, mix together the topping ingredients.
5. Drop by spoonfuls over fruit.
6. Bake until the fruit is tender and the dough is lightly browned.
7.  Bake at 350° for 45–55 minutes.

Nutrient Values

Serving size:
1/8 of pie

Calories: 334

Fat: 0g

Saturated Fat: 0g

Carbohydrate: 84g

Cholesterol: 0mg

Dietary Fiber: 3g


Sodium: 84mg

Apple Crisp

Serves: 6

- 4 cups sliced, peeled tart apples (about 4 medium apples)
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅓ cup brown sugar
- 2 tablespoons butter or tub margarine, softened
- ¼ cup whole-wheat flour
- ¼ cup oatmeal
- vanilla yogurt (optional topping)
- cooking oil spray

Directions:

1. Coat an 8-inch square baking pan with nonstick cooking spray.
2. Place apple slices in pan.
3. Mix remaining ingredients thoroughly and sprinkle over apples.
4. Bake until apples are tender and the topping is brown.
5. Serve warm topped with vanilla yogurt if desired.
6.  Bake at 375° for 30–45 minutes.

Nutrient Values


Serving size:
3x4 inch piece
with topping
Calories: 165
Fat: 4g
Saturated Fat: 1g
Carbohydrate: 31g
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 70mg

Peach Cobbler

Serves: 6

- $\frac{2}{3}$ cup whole wheat flour
- $\frac{1}{2}$ cup sugar
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{2}{3}$ cup nonfat milk
- 2 cups fresh or frozen peaches, chunks
- $\frac{1}{2}$ –1 teaspoon cinnamon
- 1 teaspoon vanilla extract (optional)
- cooking oil spray

Directions:

1. Using the cooking oil spray, grease a 1 $\frac{1}{2}$ -quart casserole dish.
2. Combine flour, sugar, and baking powder in a small mixing bowl.
3. Slowly stir in milk; pour batter into casserole dish.
4. Sprinkle peaches evenly on top of batter.
5.  Bake at 350° for about 50 minutes.
6. Serve warm.

Note: One serving of Peach Cobbler equals one serving of fruit.

<i>Nutrient Values</i>
Serving size: 1 cup
Calories: 144
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 35g
Cholesterol: 0mg
Dietary Fiber: 3g
Sodium: 112mg

Banana Pudding

Serves: 10

- 1 standard box (about 5.4 oz.) instant banana cream pudding
- 2 cups cold nonfat milk
- 1 cup lite whipped topping
- 3 bananas, sliced
- 25 vanilla wafers

Directions:

1. Mix pudding according to directions on the box (may need about 2 cups cold nonfat milk).
2. Add whipped topping to mixture, stir well.
3. Layer vanilla wafers, pudding, sliced bananas and then the remaining pudding mixture on top.
4. Refrigerate or serve at room temperature.
5. Garnish with a few cookies, if desired.

Nutrient Values


- Serving size:** 1/2 cup
- Calories:** 126
- Fat:** 3g
- Saturated Fat:** 1g
- Carbohydrate:** 24g
- Cholesterol:** 6mg
- Dietary Fiber:** 1g
- Sodium:** 118mg

Fresh Fruit Ice

Serves: 4

- 1 envelope unflavored gelatin
- ½ cup cold water
- 1 cup orange juice
- 6 tablespoons lemon juice
- 4 tablespoons sugar
- 1 cup strawberries, peaches, or other fresh fruit
- 3 bananas, mashed

Directions:

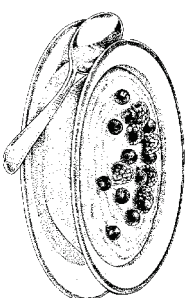
1. Soften the gelatin in water.
2. Stir over low heat until dissolved.
3. Mix in the juices, sugar, and sliced fruit.
4. Place in the freezer until almost set.
5. Remove from freezer and beat with an electric mixer on high speed until creamy and fluffy.
6. Cover and return to the freezer. If stored in the freezer for a long time before serving, beat again and refreeze briefly before serving.
7.  Preparation time about 30 minutes.

<p>Nutrient Values</p> <p>Serving size: 1 cup</p> <p>Calories: 189</p> <p>Fat: 1g</p> <p>Saturated Fat: 0g</p> <p>Carbohydrate: 47g</p> <p>Cholesterol: 0mg</p> <p>Dietary Fiber: 3g</p> <p>Sodium: 10mg</p>

Note: One serving of Fresh Fruit Ice equals one serving of fruit.



Extras




Applesauce Oatmeal

Serves: 2

- 1 cup skim milk
- ½ cup regular oats, uncooked
- ½ cup unsweetened chunky applesauce
- 1 tablespoon brown sugar
- ¼ teaspoon vanilla extract
- dash of ground cinnamon

Directions:

1. Heat milk in a heavy saucepan until hot.
2. Stir in oats; cook 5 minutes or until thickened, keep stirring.
3. Add applesauce and remaining ingredients.
4. Cook 1 minute or until thoroughly heated, keep stirring.
5.  Preparation time about 10 minutes.

Nutrient Values
Serving size: 1 cup
Calories: 173
Fat: 2g
Saturated Fat: 1g
Carbohydrate: 33g
Cholesterol: 2mg
Dietary Fiber: 3g
Sodium: 68mg

Homemade Egg Substitute

This is a lot cheaper than commercial egg substitutes and works just as well!


Serves: Makes 1/2 cup (equals two eggs)

6 egg whites

1/4 cup powdered nonfat milk

1 tablespoon oil

Directions:

1. Combine all ingredients in a mixing bowl and blend until smooth.
2. Store in a jar in the refrigerator up to 1 week. May also be frozen.
3. Use 1/4 cup to substitute for 1 whole egg.
4.  Preparation time about 15 minutes.

Nutrient Values

Serving size: 1/4 cup

Calories: 140

Fat: 6g

Saturated Fat: 1g

Carbohydrate: 5g

Cholesterol: 2mg

Dietary Fiber: 0g


Sodium: 210mg

“Egg” Salad Sandwich Spread

Serves: 4

- 1 cup egg substitute (store bought or see page 93 for homemade)
 - 2 hard-boiled egg whites, chopped
 - 2 tablespoons celery, finely chopped
 - 2 tablespoons green pepper, finely chopped
 - 2 tablespoons onion, finely chopped
 - ¼ cup lite or imitation mayonnaise
 - ½ teaspoon prepared mustard
- pepper to taste

Directions:

1. Heat 8-inch skillet over low heat. Pour in egg substitute and cover tightly.
2. Cook until firm to the touch—about 10 minutes.
3. Remove and cut in small cubes.
4. Mix together the cooked egg substitute, egg whites, celery, green peppers, and onions.
5. Blend the lite mayonnaise, pepper and mustard to form a dressing.
6. Lightly toss with the “egg” mixture.
7. Chill before serving.
8.  Preparation time about 30 minutes.

Nutrient Values

- Serving size:** ½ cup
- Calories:** 86
- Fat:** 5g
- Saturated Fat:** 1g
- Carbohydrate:** 3g
- Cholesterol:** 5mg
- Dietary Fiber:** 1g
- Sodium:** 232mg



Appetizers and Snacks

Tutti-Frutti Smoothie

Serves: 3

1 cup sliced ripe banana

1 cup orange juice

$\frac{3}{4}$ cup sliced peeled peaches

$\frac{3}{4}$ cup sliced strawberries

1 tablespoon honey

Directions:

1. Combine all ingredients in a blender.
2. Process until smooth. Serve immediately.

Nutrient Values:

Serving size: 1 cup

Calories: 134

Fat: 1g

Saturated Fat: 0g

Carbohydrate: 34g

Cholesterol: 0mg

Dietary Fiber: 3g


Sodium: 2mg

Baked Corn Chips

Serves: 4

- 20 thin corn tortillas
- 2 teaspoons butter or tub margarine (or less)

Directions:

1. Spread each tortilla with a very thin layer of butter or tub margarine.
2. Cut each tortilla into 8 pie-shaped wedges.
3. Arrange in a single layer on a cookie sheet.
4. Bake until crisp and slightly brown.
5. Store in an airtight container.
6.  Bake at 350° for about 10 minutes.

Nutrient Values

Serving size: 1 cup

Calories: 294

Fat: 5g

Saturated Fat: 1g

Carbohydrate: 58g

Cholesterol: 0mg

Dietary Fiber: 7g

Sodium: 224mg


Salsa Dip or Topping

Great as a low-fat dip or as a sauce over baked potatoes and sandwiches!

Serves: 8

- 2 cups tomatoes, peeled and diced
- ½ cup onions, diced
- ½ cup cucumbers, peeled and diced
- ½ cup green bell peppers, diced
- 1 teaspoon freshly minced garlic (or garlic powder)
- 1 teaspoon vinegar
- 2 tablespoons cilantro
- 1 teaspoon lime juice
- ¼ teaspoon cayenne

Directions:

1. Mix the tomatoes with the cucumber, onions, green peppers, and garlic.
2. Season with vinegar, cilantro, lime juice, and cayenne.
3. Salt to taste, stir well, and serve.
4.  Preparation time about 25 minutes.

Note: One serving of Salsa equals ½ serving of vegetables.


Nutrient Values	
Serving size:	¼ cup
Calories:	16
Fat:	0g
Saturated Fat:	0g
Carbohydrate:	4g
Cholesterol:	0mg
Dietary Fiber:	1g
Sodium:	5mg

Bean Dip

Serves: 8

- 1 can (16-oz.) kidney beans, drained, or $\frac{3}{4}$ cup dry beans cooked
- 2 tablespoons vinegar
- 2 tablespoons water
- $\frac{3}{4}$ teaspoon chili powder
- $\frac{1}{8}$ teaspoon ground cumin
- 2 teaspoons finely chopped onion
- 2 teaspoons chopped parsley

Directions:

1. Combine beans, vinegar, water, chili powder, and cumin in a bowl and mash or blend until smooth.
2. Pour into a serving bowl and add onion and parsley.
3.  Preparation time about 10 minutes.

Nutrient Values

Serving size: $\frac{1}{4}$ cup

Calories: 52

Fat: 1g

Saturated Fat: 0g

Carbohydrate: 9g

Cholesterol: 0mg

Dietary Fiber: 3g

Sodium: 197mg

Easy Bean Dip and Variety Dips


Serves: 8

Refried beans
Salsa or enchilada sauce

Directions:

1. Make your own refried beans or try the fat-free canned ones.
2. Mix with several tablespoons of salsa to suit your own taste. This can be used as a dip or as a great filling for burritos.

Variation Dips!

1. Start with 2 cups of fat-free sour cream.
2. Add one of the following ingredients to make a tasty dip.
3. Thin with milk or water to use as a salad dressing.
4.  Preparation time for each dip is about 5–10 minutes.

Horseradish Dip:

1 tablespoon prepared horseradish

Onion-Dill Dip:

2 teaspoons dill weed

2 tablespoons finely chopped onion

Hot and Spicy Dip:

½ teaspoon mustard (preferably Dijon)

3 drops Tabasco® sauce

2 tablespoons parsley

1 tablespoon minced chives (optional)

2 tablespoons finely chopped onions

Nutrient Values

Serving size: ¼ cup

Calories: 43

Fat: 0g

Saturated Fat: 0g

Carbohydrate: 6g

Cholesterol: 2mg

Dietary Fiber: 0g

Sodium: 65mg

extras

Trail Mix

Serves: 6

- 1 cup dried cranberries
- 2 cups Multi-Grain Cheerios
- 1½ cups Honey Nut Cheerios
- ½ cup silvered almonds
- ½ cup roasted soy nuts (optional)

Directions:

1. Combine above ingredients.

Nutrient Values
without soy nuts
Serving size: 1 cup
Calories: 178
Fat: 6g
Saturated Fat: 1g
Carbohydrate: 31g
Cholesterol: 0mg
Dietary Fiber: 3g
Sodium: 134mg

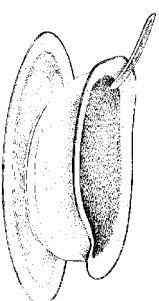
Dressings and Sauces



Basic Gravy

2 tablespoons browned flour*

1 cup liquid (meat drippings with the fat skimmed off, bouillon, or both)



Directions:

1. Use 2 tablespoons of flour for each cup of liquid.
2. Put half of the liquid in a jar and add the flour.
3. Cover tightly and shake until the mixture is smooth.
4. Pour into a pan and add the rest of the liquid.
5. Bring to a simmer and cook for a few minutes, stirring constantly.
6. 🕒 Preparation time about 30 minutes.

**Browned flour adds color and flavor to the gravy. To brown, spread flour in a pan and cook over low heat, stirring occasionally, until lightly browned.*

Low-Fat Ranch Dressing

Serves: 4

- 3 tablespoons reduced-fat buttermilk
- 1 tablespoon reduced-fat mayonnaise
- 1 tablespoon white vinegar
- 2 teaspoons minced onions or 1 scallion, minced
- 1 teaspoon dried parsley or other herbs
- dash garlic powder
- dash onion powder

Directions:

1. In a small bowl, blend together all ingredients.

Nutrient Values

Serving size:
1 tablespoon
Calories: 14
Fat: 1g
Saturated Fat: 0mg
Carbohydrate: 1g
Cholesterol: 1mg
Dietary Fiber: 0g
Sodium: 45mg

Basic Vinaigrette Dressing

Serves: 4

- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- $\frac{1}{8}$ teaspoon of salt
- $\frac{1}{8}$ teaspoon of pepper
- $\frac{1}{2}$ –1 small clove garlic, minced
- $\frac{1}{8}$ teaspoon mustard (spicy brown if available)

Directions:

1. Combine vinegar, salt, pepper and garlic. Whisk in olive oil.

Nutrient Values

Serving size:
1 tablespoon
Calories: 38
Fat: 4g
Saturated Fat: 1g
Carbohydrate: 0g
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 78mg

Creamy Green Dressing

For tossed salads or pasta salads

Serves: 10

- 1 cup vegetable oil (try half olive oil and half canola oil)
- 2 tablespoons lemon juice or cider vinegar
- 1 teaspoon honey or 2 tablespoons of apple juice
- 6 spinach leaves, or about 1/5 package frozen (if desired, can just add a large handful of fresh leaves)
- 1 teaspoon fresh basil, chopped (can use a large handful of fresh basil instead)
- ¼ teaspoon dried marjoram
- ¼ teaspoon salt
- 1–2 garlic cloves
- 1 cup low-fat buttermilk

Directions:

1. Blend all ingredients except buttermilk in a blender for 1 minute.
2. Add buttermilk and turn blender on high for 2–3 minutes (should spin rapidly and make a “tornado” in the middle).
3. Do not blend too long! The dressing should be thick and creamy.
4. Chill for at least 30 minutes before serving.

Note: After a day or so, the dressing may separate a bit. Try blending it again or just scoop the creamy part off the top. Be careful when transporting.

Nutrient Values
Serving size: ¼ cup
Calories: 207
Fat: 23g
Saturated Fat: 3g
Carbohydrate: 2g
Cholesterol: 1mg
Dietary Fiber: 0g
Sodium: 89mg


Barbecue Sauce

This sauce is good with beef, pork, or chicken!

Serves: 12

- ¼ cup water
- 3 tablespoons Worcestershire sauce
- ¼ cup vinegar
- 1 tablespoon dry mustard
- 3 tablespoons oil
- pinch of black pepper
- ½ cup chili sauce or catsup
- 2 tablespoons chopped onion.

Directions:

1. Combine all ingredients and simmer for 15–20 minutes.
2. Makes 1½ cups
3.  Preparation time about 30 minutes.

Nutrient Values

Serving size:
2 Tablespoons
Calories: 47
Fat: 4g
Saturated Fat: 1g
Carbohydrate: 4g
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 155mg


Italian and Mexican Tomato Sauces

This sauce can be used for spaghetti, pizza, or noodle dishes. It also freezes well.

Serves: 8

- 1 clove garlic, finely chopped
- 1 tablespoon olive oil
- 2 (8-oz.) cans tomatoes, crushed
- 2 (16-oz.) cans tomato sauce
- 1 teaspoon oregano leaves
- 1 tablespoon chopped or dried parsley

Directions:

1. Sauté garlic in olive oil.
2. Slowly add tomatoes and tomato sauce.
3. Stir in the oregano and parsley.
4. Bring to a boil; then cover and simmer over low heat, stirring occasionally, until the sauce is the desired thickness. (Cracking the lid a little will help the sauce thicken.)
5. For a Mexican flavor add up to 1 teaspoon cumin (or to taste) and some hot sauce.
6.  Cooking time 20 minutes.

Nutrient Values

Serving size:
1/2 cup
Calories: 61
Fat: 2g
Saturated Fat: 1g
Carbohydrate: 11g
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 778mg *

Note: One serving of Italian and Mexican Sauce equals one serving of vegetables.

***Note:** To reduce the sodium in this recipe see the tips on page 12.

Turkey-Mushroom Spaghetti Sauce

Serves: 8

- 1 tablespoon oil
- ½ cup onion, chopped
- ½ pound ground lean turkey
- 1 (6-oz.) can tomato paste
- ½ cup water
- 1 (16-oz.) can tomatoes
- ½ cup sliced fresh mushrooms or 1 can (4-oz.), drained
- 2 cloves garlic, finely chopped
- 1 teaspoon parsley flakes
- 1 bay leaf
- 1 teaspoon oregano leaves
- ⅛ teaspoon pepper
- ¾ teaspoon basil leaves
- ¼ cup green pepper, chopped

Directions:

1. Sauté onions in oil.
2. Add turkey and cook until meat begins to brown, stirring often.
3. Add remaining ingredients and simmer 1–2 hours until the sauce reaches the desired thickness. (The green peppers may be added during the last 10 minutes of cooking time to preserve green color.)
4. Serve over cooked spaghetti.
5. This recipe makes enough sauce for 8 cups of noodles.

Nutrient Values
Serving size: ½ cup
Calories: 92
Fat: 4g
Saturated Fat: 1g
Carbohydrate: 8g
Cholesterol: 19mg
Dietary Fiber: 2g
Sodium: 279mg

Notes: